

9 Week Beginners Running Plan

**THE
NAKED
GYM™**

Follow this weekly schedule 3-days-a-week for a 2-month period:

- o **Week 1:**
Brisk 5 minute warm-up walk. Then alternate 60 of jogging and 90 seconds of walking for a total of 20 minutes.
- o **Week 2:**
Brisk 5 minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
- o **Week 3:**
Brisk 5 minute warm-up walk, then do two repetitions of the following:
 - Jog 180 meters (or 90 seconds)
 - Walk 180 meters (or 90 seconds)
 - Jog 365 meters (or 3 minutes)
 - Walk 365 meters (or 3 minutes)
- o **Week 4:**
Brisk 5 minute warm-up walk, then:
 - Jog 400 meters (or 3 minutes)
 - Walk 200 meters (or 90 seconds)
 - Jog 800 meters (or 5 minutes)
 - Walk 400 meters (or 2-1/2 minutes)
 - Jog 400 meters (or 3 minutes)
 - Walk 200 meters (or 90 seconds)
 - Jog 800 meters (or 5 minutes)
- o **Week 5:**
 - o *Workout 1:*
Brisk 5 minute warm-up walk, then:
 - Jog 800m (or 5 minutes)
 - Walk 400m (or 3 minutes)
 - Jog 800m (or 5 minutes)
 - Walk 400m (or 3 minutes)
 - Jog 800m (or 5 minutes)
 - o *Workout 2:*
Brisk five-minute warm-up walk, then:
 - Jog 1200m / 1200 meters (or 8 minutes)
 - Walk 800m (or 5 minutes)
 - Jog 1200m (or 8 minutes)
 - o *Workout 3:*
Brisk five-minute warm-up walk, then jog 3.2kms (or 20 minutes) with no walking.
- o **Week 6:**
 - o *Workout 1:*
Brisk five-minute warm-up walk, then:
 - Jog 800m (or 5 minutes)
 - Walk 400m (or 3 minutes)
 - Jog 1200m (or 8 minutes)
 - Walk 400m (or 3 minutes)
 - Jog 800m (or 5 minutes)
 - o *Workout 2:*
Brisk five-minute warm-up walk, then:
 - Jog 1600m(or 10 minutes)
 - Walk 400m (or 3 minutes)
 - Jog 1600m (or 10 minutes)
 - Workout 3: Brisk five-minute warm-up walk, then jog 3.6km (or 25 minutes) with no walking.
- o **Week 7:**
Brisk five-minute warm-up walk, then jog 4km (or 25 minutes).
- o **Week 8:**
Brisk five-minute warm-up walk, then jog 4.4km (or 28 minutes).
- o **Week 9:**
Brisk five-minute warm-up walk, then jog 4.8m (or 30 minutes).

If you ever feel like a week is too hard, don't be afraid to repeat a week.