

The 'Get Me Started' Schedule

Ok, so you haven't run or jogged in ages, maybe ever years. Maybe you've never tried running before. Not too worry...the simple schedule outlined below is designed to get you fit, help you find your running mojo, and get you ready to take on the challenge of training for a half or full marathon.

Where do I start?

Whatever your level of fitness you should comfortably be able to build from nothing to running continuously for 30 minutes in the space of eight weeks. All you need to do is make a commitment to run at least three times a week and follow this simple run-walk programme which will gradually ease you towards the goal.

A few things to bear in mind:

- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Take heart - you **will** get there!

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Off	8 * Run one min, walk 90 seconds.	Off	8 * Run one min, walk 90 seconds.	Off	Off	8 * Run one min, walk 90 seconds.
Week 2	Off	7 * Run two mins, walk one min	Off	7 * Run two mins, walk one min	Off	Off	7 * Run two mins, walk one min
Week 3	Off	6 * Run three mins walk one mins	Off	6 * Run three mins walk one mins	Off	Off	6 * Run three mins walk one mins
Week 4	Off	4 * Run five mins, walk two mins	Off	4 * Run five mins, walk two mins	Off	Off	4 * Run five mins, walk two mins
Week 5	Off	3 * Run eight mins, walk two mins	Off	3 * Run eight mins, walk two mins	Off	Off	3 * Run eight mins, walk two mins
Week 6	Off	3 * Run 12 mins, walk one min	Off	3 * Run 12 mins, walk one min	Off	Off	3 * Run 12 mins, walk one min
Week 7	Off	Run 15 mins, walk 1 min, Run 15 mins	Off	Run 15 mins, walk 1 min, Run 15 mins	Off	Off	Run 15 mins, walk 1 min, Run 15 mins
Week 8	Off	Run 30 mins continuously	Off	Run 30 mins continuously	Off	Off	Run 30 mins continuously

The Result: Congratulations! You're a real runner! What next?