

How to start running

8 WEEK PRINTABLE PROGRAM

Week 1

Walk 12 min	Run 2 min	Walk 10 min
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Week 2

Walk 6 min	Run 2 min	Walk 6 min	Run 2 min	Walk 6 min
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Week 3

Walk 6 min	Run 3 min	Walk 5 min	Run 3 min	Walk 6 min
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Week 4

Walk 6 min	Run 4.5 min	Walk 3 min	Run 4.5 min	Walk 6 min
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Week 5

Walk 4 min	Run 6 min	Walk 2.5 min	Run 6 min	Walk 4 min
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Week 6

Walk 2.5 min	Run 7.5 min	Walk 2 min	Run 7.5 min	Walk 2.5 min
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Week 7

Walk 2.5 min	Run 11 min	Walk 2 min	Run 4 min	Walk 2.5 min
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Week 8

Walk 2.5 min	Run 15 min	Walk 2.5 min
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FREE PRINTABLE CHART AT MY FITNESS PLANNER

Running And Walking For Women Over 40

Daniel F McAuley



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