



The Chubby Runner **Beginner Running Program**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1.5 mi run	3 mi run	1.5 mi run	30 min walk	25 min ST	3 mi run	Rest
2	1.5 mi run	3 mi run	1.5 mi run	30 min XT	Rest	3.5 mi run	Rest
3	1.5 mi run	3 mi run	1.5 mi run	30 min walk	30 min ST	3 mi run	Rest
4	2 mi run	3 mi run	1.5 mi run	30 min XT	Rest	4 mi run	Rest
5	2 mi run	3 mi run	2 mi run	40 min walk	40 min ST	3 mi run	Rest
6	2 mi run	3 mi run	2 mi run	40 min XT	Rest	4.5 mi run	Rest
7	2 mi run	3 mi run	2 mi run	40 min walk	40 min ST	3 mi run	Rest
8	2.5 mi run	3 mi run	2 mi run	40 min XT	Rest	5 mi run	Rest
9	2.5 mi run	3 mi run	2.5 mi run	50 min walk	50 min ST	3 mi run	Rest
10	2.5 mi run	3 mi run	2.5 mi run	50 min XT	Rest	5.5 mi run	Rest
11	3 mi run	3 mi run	3 mi run	60 min walk	60 min ST	3 mi run	Rest
12	3 mi run	3 mi run	3 mi run	60 min XT	Rest	6 mi run	Rest