

START RUNNING

In 9 weeks to 30 min of running



3×

per week

5 min

walk before and after

rest day

in between

+10%

per week
guideline

PER SESSION

■ running ■ walking

WEEK 1

1 min

■ ■ + 1.5 min walking

WEEK 2

1.5 min

■ ■ + 2 min walking

WEEK 3-4

1.5-5 min

■ ■ + walking breaks

WEEK 5

20 min

■ min without stopping

WEEK 6-9

30 min

■ 25 → 28 → 30



Talking pace: you can still chat



Information, not medical advice.

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