



12 Week Program For New Runners

WK	Run 1	Run 2	Run 3
1	4 min warmup walk (Run 1 min, Walk 2 min) X 8 4 min cooldown walk	4 min warmup walk (Run 1 min, Walk 2 min) X 8 4 min cooldown walk	4 min warmup walk (Run 1 min, Walk 2 min) X 8 4 min cooldown walk
2	4 min warmup walk (Run 2 min, Walk 2 min) X 6 4 min cooldown walk	4 min warmup walk (Run 2 min, Walk 2 min) X 6 4 min cooldown walk	4 min warmup walk (Run 2 min, Walk 2 min) X 6 4 min cooldown walk
3	4 min warmup walk (Run 2 min, Walk 1 min) X 8 4 min cooldown walk	4 min warmup walk (Run 2 min, Walk 1 min) X 8 4 min cooldown walk	4 min warmup walk (Run 2 min, Walk 1 min) X 8 4 min cooldown walk
4	4 min warmup walk (Run 3 min, Walk 2 min) X 4 4 min cooldown walk	4 min warmup walk (Run 3 min, Walk 1 min) X 6 4 min cooldown walk	4 min warmup walk (Run 3 min, Walk 1 min) X 6 4 min cooldown walk
5	3 min warmup walk (Run 4 min, Walk 2 min) X 4 3 min cooldown walk	3 min warmup walk (Run 5 min, Walk 2 min) X 4 3 min cooldown walk	3 min warmup walk (Run 5 min, Walk 2 min) X 4 3 min cooldown walk
6	3 min warmup walk (Run 8 min, Walk 2 min) X 3 3 min cooldown walk	3 min warmup walk (Run 8 min, Walk 2 min) X 3 3 min cooldown walk	3 min warmup walk (Run 8 min, Walk 2 min) X 3 3 min cooldown walk
7	4 min warmup walk (Run 10 min, Walk 2 min) X2 4 min cooldown walk	5 min warmup walk (Run 10 min, Walk 2 min) X2 5 min cooldown walk	5 min warmup walk (Run 12 min, Walk 2 min) X2 5 min cooldown walk
8	5 min warmup walk (Run 12 min, Walk 2 min) X2 5 min cooldown walk	5 min warmup walk Run 1 mile (6 min R, 1 min W) 5 min cooldown walk	5 min warmup walk Run 1 mile (6 min R, 1 min W) 5 min cooldown walk
9	5 min warmup walk R 1 mile, W 5 min, R 1 mile 5 min cooldown walk	5 min warmup walk Run 1.5 miles 5 min cooldown walk	5 min warmup walk R 1.5 miles, W 5 min, R 0.5 mile 5 min cooldown walk
10	5 min warmup walk Run 2 miles 5 min cooldown walk	5 min warmup walk Run 2 miles 5 min cooldown walk	5 min warmup walk Run 2.5 miles 5 min cooldown walk
11	5 min warmup walk Run 2 miles 5 min cooldown walk	5 min warmup walk Run 2.5 miles 5 min cooldown walk	5 min warmup walk Run 3 miles 5 min cooldown walk
12	5 min warmup walk Run 2 miles 5 min cooldown walk	5 min warmup walk Run 2 miles 5 min cooldown walk	5 min warmup walk BONA 5K FUN RUN! 5 min cooldown walk

NOTES:

- * Start 12 weeks away from race day
- * 3 Runs per week, for example Tuesday, Thursday and Saturday. Always have a day in between to recover or Cross Train (bike, swim or weight training)
- * Stretch your calves, quads and hamstrings after your warmup and after your cooldown
- * If you are running outside always dress like it is 10-20 degrees warmer
- * Find a running buddy, it will be easier and more fun :)
- * For more information contact our running coach: maya@bonafitness.com