

# Intro to Running

BUILD UP TO 30 MINUTES IN 8 WEEKS



For those returning to running after a long break, or starting from scratch.



# Meet the Team

YOUR COACHES & RESOURCES

## Thank you!

First and foremost, we'd like to say a big THANK YOU for joining our Intro to Running training program. We hope that this guide helps you achieve your goal of running for 30 minutes continuously or returning from running after a long hiatus. For some, this will mean running up to 5 kilometers again or for the first time. For others, the goal may be strictly time-based. Either objective is GREAT!

## Meet Lynn

Lynn Bourque is the owner of The Runners Shop (Canada's oldest run-specialty retailer) located at 374 Bloor St. West in Toronto, Ontario. Lynn started running when she was 34 and has been an active and enthusiastic member of the running community for over 20 years. She can often be found running through the Cedarvale Ravine. **PS.** Don't worry if you're not in the city. You can complete this program from anywhere.

## Your coach: Roger

Roger has a long and rich running history. Most of his running career has been self-coached, earning him PBs of 2:43:57 and 1:16:23 in the marathon and half-marathon, and he took it to the next level at the Comrades 90k Marathon. Roger has been coaching runners of varying abilities and ages for 10 years, helping them achieve their running goals. He knows what works and how to approach a goal race.







# Welcome to your training program

LET'S GET TO IT!

This plan is a guideline that can be adapted based on your individual experience and response to the program.

**Here are some thought-starters for you to consider after each workout:**

- How did it feel?
- How was your breathing?
- Were you able to complete the progression?

**An important note:**

It's okay to back off if you feel any discomfort beyond getting your heart rate up a bit. This shouldn't be painful. Be patient, it takes time.

Note: Strength and Mobility are integral to protecting yourself from injury. Ideally, incorporate 2-3 sessions per week.

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**Consistency  
is what  
transforms  
average into  
excellence.**

# INTRO TO RUNNING

8 WEEK PROGRESSION

## Here's your plan for the next 8 weeks.

### What you need to know to succeed:

- **Run** does not mean **sprint**. You should be "running" at about 60-70% of your maximum effort.
- Do the same **warm-up** (described in week 1) before every run.
- The total minutes running will be in brackets like this: (MIN)
- **P/U** means "**pickup**." This is faster running at ~80% of your max effort.
- "**Rest**" always means **walking** in this plan.

<b>WEEK 1</b> Introduction	MON	WED	SAT
	Run slowly for 30 sec, walk 30 sec to warm up. Repeat x4. Run 2 min, walk 60 sec. Repeat x4.	Run slowly for 30 sec, walk 30 sec to warm up. Repeat 4x. Run 2 min, walk 60 sec. Repeat x5.	Run slowly for 30 sec, walk 30 sec to warm up. Repeat x4. Run 2 min, walk 90 sec. Repeat x4.
<b>WEEK 2</b>	MON	WED	SAT
	8 x 2 min run/1 min walk in between each run (24)	8 x 2 min. run/1min. walk in between each run (24) 3 x 10 second p/u (sprint) to finish	2 x 3 min run /90 sec rest btwn each + 4 x 2 min run /60 sec rest + 5 x1 min run /30 sec rest. (26)
<b>WEEK 3</b>	MON	WED	SAT
	3 x 3 min run /90 sec walk btwn each + 4 x 2 min run /60 sec rest + 5 x 1 min run with 30 sec rest. (22)	4 x 3 min run/60 sec walk (24) + 4 x 15 sec p/u	2 x 4 min run/90 sec rest + 3 x 3 min run /60 sec rest + 2x 2 min run 60 sec rest (25)

# INTRO TO RUNNING

## 8 WEEK PROGRESSION

<b>WEEK 4</b> Half way there!	<b>MON</b> 3x4 min run/90 sec walk + 3x3min run 60 sec rec. + 2 x 2 min.run / 60 sec recovery (25)	<b>WED</b> 4x 4 min run /2 min rest (25) + 5 x 20 sec. p/u	<b>SAT</b> 2 x 5 min run / 2 min rec. + 3x4 min run / 60 sec rest. (27)
	<b>MON</b> 3 x 5 min run / 2 min rest + 3x4 min run / 60 sec rest. (27)	<b>WED</b> 4 x 5 min run / 60 rest + 1 x 5 min run (26) + 6 x 20 sec p/u	<b>SAT</b> 2 x 6 min run / 90 sec rest + 2 x 5 min run / 60 sec rest. (28)
<b>WEEK 5</b>	<b>MON</b> 3 x 6 min run / 90 sec rest + 2 x 5 min run / 60 sec rest. (28)	<b>WED</b> 4 x 6 min /60 sec. rest + 1 x 5 min run (29)	<b>SAT</b> 2 x 7 min / 90 sec rest + 3 x 5 min run / 60 sec. rest (29)
	<b>MON</b> 2 x 7 min run / 90 sec rest + 3 x 5 min run / 60 sec rest. (29)	<b>WED</b> 3 x 7 min run / 60 sec rest (28) + 1 x 8 min run + 5 x 30 sec p/u	<b>SAT</b> 2 x 8 min run/ 60 sec rest + 2 x 6 min run / 60 sec rest. (28)
<b>WEEK 6</b>	<b>MON</b> 2 x 8 min run/ 60 sec rest + 2 x 6 min run /60 sec rest. (28)	<b>WED</b> 3 x 8 min run / 60 sec rest (24)	<b>SAT</b> <b>2 x 10 min run 60 sec rest, 2 x 5 min run /30 sec rest (30 minutes running)</b>
	<b>MON</b> 2 x 8 min run/ 60 sec rest + 2 x 6 min run /60 sec rest. (28)	<b>WED</b> 3 x 8 min run / 60 sec rest (24)	<b>SAT</b> <b>2 x 10 min run 60 sec rest, 2 x 5 min run /30 sec rest (30 minutes running)</b>
<b>WEEK 7</b>	<b>MON</b> 2 x 8 min run/ 60 sec rest + 2 x 6 min run /60 sec rest. (28)	<b>WED</b> 3 x 8 min run / 60 sec rest (24)	<b>SAT</b> <b>2 x 10 min run 60 sec rest, 2 x 5 min run /30 sec rest (30 minutes running)</b>
	<b>MON</b> 2 x 8 min run/ 60 sec rest + 2 x 6 min run /60 sec rest. (28)	<b>WED</b> 3 x 8 min run / 60 sec rest (24)	<b>SAT</b> <b>2 x 10 min run 60 sec rest, 2 x 5 min run /30 sec rest (30 minutes running)</b>
<b>WEEK 8</b> Home stretch!	<b>MON</b> 2 x 8 min run/ 60 sec rest + 2 x 6 min run /60 sec rest. (28)	<b>WED</b> 3 x 8 min run / 60 sec rest (24)	<b>SAT</b> <b>2 x 10 min run 60 sec rest, 2 x 5 min run /30 sec rest (30 minutes running)</b>
	<b>MON</b> 2 x 8 min run/ 60 sec rest + 2 x 6 min run /60 sec rest. (28)	<b>WED</b> 3 x 8 min run / 60 sec rest (24)	<b>SAT</b> <b>2 x 10 min run 60 sec rest, 2 x 5 min run /30 sec rest (30 minutes running)</b>

# WEEKLY TRAINING

# INTRO TO RUNNING

## **M/W/S**

### **MONDAY**

Monday's are for building your speed on fresh legs the day after a break.

### **WEDNESDAY**

Wednesday's are for improving endurance.

### **SATURDAY**

Saturday's are for recovery. Add an active recovery like walking, cycling, or stretching.

## **T/TH/SU**

### **TUESDAY**

Try a short HiiT workout (there are many free YouTube HiiTs) or full-body strength program.

### **THURSDAY**

Prioritize stretching today and be sure to get in some low impact active recovery.

### **SUNDAY**

Sunday is a REST day! Essential movements only. Don't push yourself. Your body needs to recover.





## What are the next steps?

Now that you can run for 30 minutes...

First, **congratulations** on completing your 8-week running program!

You've built a solid base and consistency with your workouts so you're probably wondering, what's next?

If you're **feeling strong**, and up for a challenge, here's what to do next:

- Follow us on **Instagram** for tips and for all things running. We have fun with it!
- Join the **RUN CLUB** (if you're in Toronto)
- **Get in touch with us** for custom programming, from anywhere in the world.

If you're **still not feeling confident**, or want to work on the foundations, you can repeat the last four weeks of your program or [send us a message](#) for a custom plan to help you reach your goals (charges may apply).

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You didn't  
come this  
far only to  
come this  
far.



**SEE YOU OUT  
THERE, FRIENDS!**

*The*  
**RUNNERS SHOP**  
*Est. 1975*

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