

## **Brand New to Running/Walking!**

### **30:30 WRW Conditioning Phase**

1. Each day, you will go out for **30 minutes** – 15 minutes one way, then turn around and come back.
2. **First 15 minutes:** 10 minutes, walk, no running! Next 5 minutes: Run/walk intervals\*. Turn around.
3. **Second 15 minutes:** 10 minutes: Run/Walk Intervals\*. Last 5 minutes: Walk, no running!
4. It's okay to occasionally take a day off, but be as consistent as you can. You may also substitute another activity (bike riding, gardening, dancing) on occasion.

**\*Run/Walk Intervals:** Alternate running and walking for a set time, e.g. run for 30-45 seconds, and then walk for 30-45 seconds. The time intervals you spend running and walking will be determined by your ability, i.e. you may need to run 15 seconds, walk 45, or you may be able to run one minute, walk one. Your Run/Walk intervals will last 15 minutes each day.

**Warm Up/Cool Down:** Your best results will come if you walk the first 10 and last 5 minutes.

#### **Use the above “Walk: Run/Walk: Walk” Plan if you are:**

- A beginner, someone brand new to running
- Someone recovering from an injury
- Someone who has twinges of pain during running
- Someone returning to running after taking time off (weeks, months, years!)
- Current runner who has hit a plateau or is bored with current running
- More than 30 pounds overweight

#### **Modifications, Warm Up Component (first 10 minutes):**

- If you've been sitting all day at work or if your workout is the first thing in the morning, you may want to make the warm up phase longer. Likewise, if your job (or day) has involved a lot

of physical activity, you may shorten this phase (but do not eliminate!)

- If you have had an injury, or have some muscle soreness from strength training, you may want to increase the warm up phase.

If you are at the gym, and have been on an exercise machine other than a treadmill, using your legs, you can shorten the warm up. You're already warmed up!

#### **Modifications, Run:Walk Interval Component:**

- You do not have to run/walk; you may choose to simply walk faster, then slower.
- You can adjust the times of the intervals, i.e. run longer or shorter amounts of time.
- You can use landmarks instead of time for your run/walk intervals, e.g. run to the next mailbox or telephone pole,
- Add another component to add interest, e.g. focus on knees up or chest forward during the running time.
- While 30 minutes is ideal, if you only have 20 minutes to work out, go for 20! Adjust 'Walk:Run/Walk:Walk' time accordingly. Likewise, if you are in decent running shape and have the extra time, go for longer than thirty minutes. (Warm up and Cool down time remain the same; time doing the intervals increases)
- As mentioned above, you may want to do 2-3 days of all steady walking, eliminating the intervals, if your beginning fitness level is poor. Don't fret at all if you find you need to do this, YOU ARE DOING IT AND THAT'S WHAT COUNTS!

**Modifications for Cool Down Component:** The only time to skip this is if you are going from one exercise to another, e.g. from treadmill to bike, but then include a cool down period after cycling. DO NOT SKIP YOUR COOL DOWN, no matter what! WHY? With any intense exercise, you have two systems “pumping” your blood –your leg muscles (squeezing the blood back to the heart) and the heart, pumping faster to get the blood to the lungs (for oxygen) and to the legs for the fuel they need. Sudden stopping of the leg muscles puts your heart at a disadvantage...and could lead to dizziness, fainting or serious consequences! Cool Down!