

# 30 DAY RUNNING CHALLENGE

*For Beginners*

## Warm-up Phase

<b>Day 1</b> (LW) Walk ½ Mile 10 Minutes	<b>Day 2</b> (LW) Walk ¾ Mile 15 Minutes	<b>Day 3</b> (LW) Walk 1 Mile 20 Minutes	<b>Day 4</b> (LW) Walk 1½ Miles 25 Minutes	<b>Day 5</b> (LW) Walk 2 Miles 30 Minutes	<b>Day 6</b> (LW) Walk 2½ Miles 35 Minutes
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<b>Day 7</b> (LW) Walk 3 Miles 40 Minutes	<b>Day 8</b> Rest
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## Growth Stage

<b>Day 9</b> Pace - 4.5 mph ¾ Mile 3 Min 20 Sec	<b>Day 10</b> Pace - 4.5 mph 1 Mile 6 Min 40 Sec	<b>Day 11</b> Pace - 4.5 mph 1½ Miles 10 Minutes	<b>Day 12</b> Pace - 4.5 mph 2 Miles 13 Min 20 Sec
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## Growth Stage

<b>Day 13</b> Rest	<b>Day 14</b> Pace - 5 mph ¾ Mile 9 Minutes	<b>Day 15</b> Pace - 5 mph 1 Mile 12 Minutes	<b>Day 16</b> Pace - 5 mph 1½ Miles 15 Minutes	<b>Day 17</b> Pace - 5 mph 2 Miles 18 Minutes	<b>Day 18</b> Pace - 5 mph 2½ Miles 21 Minutes
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<b>Day 19</b> Pace - 5 mph 2 Miles 24 Minutes	<b>Day 20</b> Rest	<b>Day 21</b> Pace - 5.5 mph 2½ Miles 16 Min 23 Sec	<b>Day 22</b> Pace - 5.5 mph 3 Miles 19 Min 6 Sec	<b>Day 23</b> Pace - 5.5 mph 3½ Miles 21 Min 50 Sec	<b>Day 24</b> Pace - 5.5 mph 4 Miles 24 Min 34 Sec
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## Growth Stage

<b>Day 25</b> Pace - 5.5 mph 2½ Miles 27 Min 18 Sec	<b>Day 26</b> Rest
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## Benchmark/Final Stage

<b>Day 27</b> Pace - 6 mph 3 Miles 25 Minutes	<b>Day 28</b> Pace - 6 mph 3½ Miles 27 Min 30 Sec	<b>Day 29</b> Rest	<b>Day 30</b> Pace - 6 mph 4 Miles 30 Minutes
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