

## Beginning Buddy Step-wise running program

This simple beginning running program can be accomplished with a partner to increase motivation and compliance.

	Walk	Run	Repetitions	Total time
Stage I	5 minutes	1 minute	5 times	30 minutes
Stage II	4 minutes	2 minutes	5 times	30 minutes
Stage III	3 minutes	3 minutes	5 times	30 minutes
Stage IV	2 minutes	4 minutes	5 times	30 minutes
Stage V	-	Run every other day with a goal of 30 straight minutes. When you are able to run for 30 straight minutes, you can start increasing your speed.	-	-

- After you accomplish the numbers in a stage, advance to the next stage during your next exercise bout.
- If you miss completing the running minutes during a stage, drop back to the numbers in the previous stage for the rest of the exercise bout. For example, if you run for two minutes twice but can't get the third two-minute repetition, drop back to one-minute reps for the rest of the exercise bout.