

Run-Walk-Run: This method has allowed hundreds of thousands of beginners to finish 5K races and longer distances. By inserting a walk break from the beginning of the workout, and continuing to walk according to a plan, there is no need to produce extra fatigue, pain, or injuries. During the first week it's best to run for 5-10 seconds and walk for the rest of the minute. If all goes well, you could increase during the second week to 10-20 seconds of running, walking for the rest of the minute. On the third week, you could increase to 20-30 seconds of running while walking for the rest of the minute--if all is well. If you are huffing and puffing, experiencing aches and pains, or struggling in any way, drop back to more walking.

Note: order your Galloway "Run-Walk-Run" timer (by Gymboss) from www.JeffGalloway.com

Long Run Strategy: The amount of running and walking is adjusted for the pace per mile. Beginning runners should stay with 10-20 seconds of running every minute for most of the long runs. Those who have been running for at least 3 months could use the following:

18 min/mi--Run 10 sec/walk 50 sec
17 min/mi--Run 15 sec/walk 45 sec
16 min/mi--Run 20 sec/walk 40 sec
15 min/mi--Run 30 sec/walk 30 sec
14 min/mi--Run 30 sec/walk 30 sec
13 min/mi--Run 1 min/walk 1 min
12 min/mi--Run 2 min/walk 1 min
11 min/mi--Run 2:30/walk 1 min
10 min/mi--Run 3 min/walk 1 min
9 min/mi--Run 4 min/walk 1 min

Maintenance Workouts: Usually, the long workout is done on weekends, and the two maintenance workouts are done on Tuesday and Thursday (or Monday and Wednesday when the long one is on Saturday). These two sessions start at 10 minutes, and increase by 3-4 additional minutes each week until the time for each is 30 minutes. The pace of these can be as slow or as fast as you want to go, as long as you are recovering well from the weekend long ones.

Rest Days: When you go farther than you have gone before, your muscles, tendons, joints, etc. need time to rebuild stronger. Take the day off from exercise the day before and after a long one. On the other non-running days, you can do any exercise that does not fatigue the calf muscle. So walking, swimming, cycling, elliptical, and rowing are fine. But stair machines, leg weight work, and step aerobics are not.

Warm Down: After your workout, don't stop. Jog slowly, using as many walk breaks as you wish for the next 10 minutes, and then walk for 3-5 minutes. You're done!

The Schedule:

Week 1--Tues 10 min, Thurs 13 min, Saturday 1 mile
Week 2--Tues 16 min, Thurs 19 min, Saturday 1.5 mi
Week 3--Tues 19 min, Thurs 22 min, Saturday 25 min
Week 4--Tues 22 min, Thurs 25 min, Saturday 2 miles
Week 5--Tues 25 min, Thurs 28 min, Saturday 30 min
Week 6--Tues 28 min, Thurs 30 min, Saturday 2.5 mi
Week 7--Tues 30 min, Thurs 30 min, Saturday 30 min
Week 8--Tues 30 min, Thurs 30 min, Saturday 3 mi
Week 9--Tues 30 min, Thurs 30 min, Saturday 30 min
Week 10--Tues 30 min, Thurs 30 min, Saturday 3.5 mi
Week 11--Tues 30 min, Thurs 30 min, Saturday 30 min
Week 12--Tues 30 min, Thurs 30 min, Saturday 5K RACE!

You Can Do IT!