



# WELLSPORT

## Running- Foundations

	Distance	Time	Run/Walk
Week 1	1 mile		
Week 2	1.5 mile		
Week 3 (timed)	1 mile		

	Distance	Time	Run/Walk
Week 4	2 mile		
Week 5	2.5 mile		
Week 6 (timed)	2 mile		

**Notes:**

### Run/walk method

\*Use this method if running continuously is too difficult\*

Mile Time	Run	Walk
7 min	1 mile	1 min
8 min	4 min	30 secs
9 min	4 min	1 min
10 min	3 min	1 min
11 min	2:30 min	1 min
12 min	2 min	1 min
13 min	1 min	1 min



# WELLSPORT

## Running- Perform

	Distance	Time	Run/Walk
Week 1	2 mile		
Week 2	2.5 mile		
Week 3 (timed)	2 mile		

	Distance	Time	Run/Walk
Week 4	3 mile		
Week 5	2 mile		
Week 6 (timed)	3 mile		

**Notes:**

### Run/walk method

\*Use this method if running continuously is too difficult\*

Mile Time	Run	Walk
7 min	1 mile	1 min
8 min	4 min	30 secs
9 min	4 min	1 min
10 min	3 min	1 min
11 min	2:30 min	1 min
12 min	2 min	1 min
13 min	1 min	1 min