

strollometer[®]

Stroll back into shape.[™]

HOW TO GET STARTED WITH RUNNING

BUILD UP TO A 1.5 MILE RUN (2.4K)

1. Get medical clearance before getting started.
2. Get fitted for the right running shoes.
3. Before starting your workout, warm up by strolling 5-10 minutes and always end your workout with strolling 5-10 minutes.
4. Use your breathing as a guide when running. You should be able to carry a conversation and breathing shouldn't be so heavy.

8 Week Getting Started Schedule – About.com

- **Week one*:** Stroll for 5 minutes, then jog at an easy pace for 3 minutes*. Repeat 3 times. Aim for three sessions with that same sequence for week one.
- **Week two:** Stroll for 4 minutes, then jog for 4 minutes. Repeat 3 times. Aim to do three sessions in week two.
- **Week three:** Stroll for 3 minutes, then jog for 4 minutes. Repeat 4 times. Aim for four sessions in week three.
- **Week four:** Stroll for 2 minutes, then jog for 5 minutes. Repeat 4 times. Shoot for four of those sessions in week four.
- **Week five:** Stroll for 2 minutes, then jog for 8 minutes. Repeat 3 times. Do four of those sessions in week five.
- **Week six:** Stroll for 2 minutes, then jog for 10 minutes. Repeat 3 times. Try to do four sessions for week six.
- **Week seven:** Stroll for 1 minute, then jog for 12 minutes. Repeat 3 times. Do four sessions this week.
- **Week eight:** Congratulations on making it to week eight! After your usual 5-10 minute walking warm up, try to run for 30 minutes without stopping. Aim to do that four times a week, and you'll notice that your stamina and fitness will continue to improve.

* If a 3 minute jog is difficult try:

1. jogging 30 seconds
2. stroll until you are recovered
3. jog 30 seconds etc.
4. Gradually increase the length of time until you get to the 3 minute jog.