Completing the run as a beginner – your walk/run programme

If you are new to running we suggest that you start out by walking and running intervals, gradually building up the amount of time you spend running over the 4 weeks. You should walk for approximately half the time of your run when starting out and look to reduce this until you can run for 10 minutes continuously. Everyone needs a walk break sometimes so listen to your body.

Unable to look at your watch and run? Give yourself markers such as lamp posts or trees instead.

Gradually increase the distance you spend running and reduce the distance that you walk.

Things to remember

- The distance/times are estimated and will vary depending on your current fitness and the pace that you walk or run at.
- Not got enough miles in for the week? Then get out for a walk.
- Too many miles? Be careful not to overdo it as excessive strain and building miles too quickly can cause injury. Add an extra rest day or change the schedule around to fit you.
- Too easy? Increase the amount of time you spend running.
- Too hard? Increase the frequency and/or duration of your time spent walking.
- Listen to your body and don't forget your rest days.



mind 27 miles 27 days

mind

27 miles
27 days

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Weekly mileage target: **6 miles**	Warm up – brisk walk 5 mins (0.25 mile) Run for 1 min, walk for 90 secs – repeat for approx. 20 mins (aim for 1 mile) Cool down – brisk walk 5 mins (0.25 mile) Stretch **Total: 1.5 miles**	Rest day	Warm up – brisk walk 5 mins (0.25 mile) Run for 1 min, walk for 90 secs – repeat for approx. 20 mins (aim for 1 mile) Cool down – brisk walk 5 mins (0.25 mile) Stretch **Total: 1.5 miles**	Rest day	Warm up – brisk walk 5 mins (0.25 mile) Run for 90 secs, walk for 1 min – repeat for approx. 20 mins (aim for 1 mile) Cool down – brisk walk 5 mins (0.25 mile) Stretch **Total: 1.5 miles**	Rest day	Warm up – brisk walk 5 mins (0.25 mile) Run for 90 secs, walk for 1 min – repeat for approx. 20 mins (aim for 1 mile) Cool down – brisk walk 5 mins (0.25 mile) Stretch **Total: 1.5 miles**
Week 2	**Day 8**	**Day 9**	**Day 10**	**Day 11**	**Day 12**	**Day 13**	**Day 14**
Weekly mileage target: **6 miles**	Rest day	Warm up – brisk walk 5 mins (0.25 mile) Run for 90 secs, walk for 1 min – repeat for approx. 20 mins (aim for 1 mile) Cool down – brisk walk 5 mins (0.25 mile) Stretch **Total: 1.5 miles**	Walk 1 mile **Total: 1 mile**	Warm up – brisk walk 5 mins (0.25 mile) Run for 90 secs, walk for 90 secs, run for 3 mins, walk for 3 mins – repeat 2–3 times (aim for 1 mile) Cool down – brisk walk 5 mins (0.25 mile) Stretch **Total: 1.5 miles**	Rest day	Warm up – brisk walk 5 mins (0.25 mile) Run for 3 mins, walk for 90 secs, run for 5 mins, walk for 2½ mins, run for 3 mins (aim for 1.5 miles) Cool down – brisk walk 5 mins (0.25 mile) Stretch **Total: 2 miles**	Rest day

mind

27 miles
27 days

Week 3

Weekly mileage target:
7 miles

Day 15

Warm up – brisk walk 5 mins (0.25 mile)

Run for 5 mins, walk for 3 mins – repeat (aim for 1.5 miles)

Cool down – brisk walk 5 mins (0.25 mile)

Stretch

Total: 2 miles

Day 16

Rest day

Day 17

Warm up – brisk walk 5 mins (0.25 mile)

Run for 5 mins, walk for 3 mins – repeat (aim for 1.5 miles)

Cool down – brisk walk 5 mins (0.25 mile)

Stretch

Total: 2 miles

Day 18

Walk 1 mile

Total: 1 mile

Day 19

Warm up – brisk walk 5 mins (0.25 mile)

Run for 8 mins, walk for 3 mins – repeat (aim for 1.5 miles)

Cool down– brisk walk 5 mins (0.25 mile)

Stretch

Total: 2 miles

Day 20

Rest day

Day 21

Rest day

Week 4

Weekly mileage target:
8 miles

Day 22

Warm up – brisk walk 5 mins (0.25 mile)

Run for 10 mins, walk for 3 mins – repeat (aim for 2 miles)

Cool down – brisk walk 5 mins (0.25 mile)

Stretch

Total: 2.5 miles

Day 23

Rest day

Day 24

Warm up – brisk walk 5 mins (0.25 mile)

Run for 10 mins, walk for 3 mins – repeat (aim for 2 miles)

Cool down – brisk walk 5 mins (0.25 mile)

Stretch

Total: 2.5 miles

Day 25

Rest day

Day 26

Warm up – brisk walk 5 mins (0.25 mile)

Run 1.5 miles taking walk breaks as needed

Cool down – brisk walk 5 mins (0.25 mile)

Stretch

Total: 2 miles

Day 27

Walk or run 1 mile (if running remember to warm up, cool down and stretch)

Total: 1 mile

Congratulations on completing 27 27 and raising money to help make sure no one has to face a mental health problem alone.

