

## Start running to stay fit!

Week	Monday or Tuesday	Thursday	Saturday or Sunday
1	4 x 2 min. running 2 min: walking Total 8 min running	8 x 1 min. running Pause: 1 min.	4 x 2 min. running 2 min: walking Total 8 min running
2	6 x 2 min. running 2 min: walking Total 12 min running	1 -2- 1- 2- 1- 2- 1 min. running Pause: 1 min.	6 x 2 min. Running 2 min: walking Total 12 min running
3	5 x 3 min running 2 min: walking Total 15 min running	10 x 1 min. running Pause: 1 min.	2-3-2-3-2-3 min. Running 1-2-1-2-1 min. walking Total 15 min running
4 Recovery	7 x 2 min. running 2 min: walking Total 14 min running	4 x 2 min. running Pause: 2 min.	7 x 2 min. running 2 min: walking Total 14 min running
5	5 x 4 min running 2 min: walking Total 20 min running	4 x 3 min. running Pause: 2 min.	6-4-6-4-4 min. running 2-1-2-1 min. walking Total 24 min running
6	4 x 5 min running 2 min walking Total 20 min running	5 x 3 min. running Pause: 1 min.	6-5-6-5-6 min. running 2-1-2-1 min. walking Total 28 min running
7	2 x 6 min + 3 x 2 min running 2 min, walking Total 20 min running	4 x 4 min. running Pause 2 min.	2 x 10 min – 3 x 2 min running 2 min walking Total 26 min running
8 Recovery	4 x 4 min running 1 min. Walking Total 16 min running	1-2-3-4 min. running Pause: 1 min	4 x 4 min running 1 min. walking Total 16 min running
9	8 x 3 min running 1 min. Walking 24 min running	3 x 8min. running Pause 2 min.	6 x 5 min running 1 min. walking Total 30 min running
10	2 x 13 min running 3 min walking Total 26 min running	8-6-4-2-1 min. running Pause: 4-3-2-1 min..	2 x 20 min running 5 min walking Total 40 min running
11	3 x 10 min running 2 min walking Total 30 min running	10 x 3 min. Pause: 1 min.	5-25-5 min running Pause: 2 min wandelen Total 35 min running
12 Recovery	2 x 10 min, running 5 min walking Total 20 min running	2-4-8-10 min. running Pause:2 min.	Final: 30 min running

### Important Tips!

- Be sure to be visible by wearing a reflective vest or jacket or by wearing some (blinking)lights.
- Start your running session with a 10 to 15 minute of brisk walking and warm-up exercises.
- Finish your running session with brisk walking and cooling-down exercises.
- Try some surface variations by running in the forest or on sandy trails.
- The best running pace is a pace where you are able to tell a story or sing, if this is not possible anymore you are running to fast.
- Try not to keep up with faster runners but try to run your own pace.
- Keep hydrated! Take some sips even when the temperature is a little low.

- Plan a recovery day after every running day! Your muscles will appreciate it.
- Wear good running shoes and dress well to protect you against the sun or cold.
- Finally PLEASE LISTEN TO YOUR BODY! Stop running when feeling small aches, start cooling the painful spot and recover for 1 or 2 days.

