Get-Started Schedule - Midrange

This schedule (devised by 'Runner's World) accelerates faster than the basic one, so it's best for new runners who have some existing fitness – from another sport, perhaps. Still, a gentle start is crucial, so be patient in the first weeks. If it becomes too hard, don't be afraid to repeat a week or two.

If you can already jog for 30 minutes at a time, start on Week 3.

It's easier if you can run with a friend and also try to get off road (Blackshots/Langdon Hills for example) occasionally, say, weekends. Don't run with cheap trainers giving little support – you are an injury waiting to happen!

Week One

Day 1 Walk 10 mins, then walk/jog 10, then walk 10
Day 2 Rest
Day 3 Repeat Day 1
Day 4 Rest
Day 5 Walk briskly 40 mins
Day 6 Repeat Day 1
Day 7 Rest
Total Time: 2 hours 10 mins

Week Two

Day 1 Walk 10 mins, jog 10, then walk or walk/jog 10
Day 2 Rest
Day 3 Repeat Day 1
Day 4 Rest
Day 5 Walk 10 mins, walk/jog 20 or jog 10, then walk 10
Day 6 Repeat Day 1
Day 7 Rest
Total Time: 2 hours 10 mins

Week Three

Day 1 40 mins fartlek (speedplay - fast and slow running at random in a normal run)
Day 2 Rest
Day 3 Jog or walk/jog 20 mins
Day 4 Rest
Day 5 Repeat Day 1
Day 6 Repeat Day 3
Day 7 Rest
Total Time: 2 hours

Week Four

Day 1 Jog 10 mins, walk/jog 10, jog 10, then walk/jog 10
Day 2 Rest
Day 3 Walk/jog 10 mins, jog 20, then walk/jog 10
Day 4 Rest
Day 5 40 mins fartlek
Day 6 Walk/jog 20 mins, jog 10, then walk/jog 10
Day 7 Rest
Total Time: 2 hours 40 mins

Week Five

Day 1 Jog 10 mins, then speedwork, then jog 10 mins
Day 2 Rest
Day 3 Jog/walk 20 mins, jog 10, then jog/walk 10
Day 4 Rest
Day 5 Walk/jog 40 mins
Day 6 Repeat Day 3
Day 7 Rest
Total Time: 2 hours 12 mins
Speedwork in this schedule means sets of 4 x 25 metres with 50-metre recovery periods at jog/shuffle followed by 1-2 mins rest. Two or three sets can be done, depending on ability.

Week Six

Day 1 Jog 40 mins (hilly route)
Day 2 Rest
Day 3 Jog or walk/jog 30 mins
Day 4 Rest
Day 5 1 hr fartlek
Day 6 Repeat Day 3
Day 7 Rest
Total Time: 2 hours 40 mins

Week Seven

Day 1 Walk/jog 1 hr
Day 2 Rest
Day 3 Walk/jog 30 mins
Day 4 Rest
Day 5 1 hr cross-country run
Day 6 Walk/jog 30 mins
Day 7 Rest
Total Time: 3 hours

Week Eight

Day 1 Jog 40 mins
Day 2 Rest
Day 3 Walk/jog 30 mins
Day 4 Rest
Day 5 1 hr fartlek or 4 -mile fun run
Day 6 Rest
Day 7 Repeat Day 3
Total Time: 2 hours 40 mins

Congratulations! You've completed a fully-fledged running schedule, which has made you familiar with the basic elements of running training. What next – join the Nomads!!