



# 1-WEEK JUMPSTART PROGRAM

The goal is to get you up and running three times this week. All you need to do is run for 30 seconds at a time!

Block out 30 minutes. Get on the treadmill, or find a flat route around your neighborhood. Then do this:

*5 minutes: Brisk walk to warm up your muscles and lungs*  
*Repeat 10x: 30 seconds run, 90 seconds walk (for a total of 20 minutes)*  
*5 minutes: Cool down slow walk then stretch*

Your running intervals should be faster than brisk walking, but not an all-out sprint. Think ‘easy jogging pace’ - comfortable enough that you’re not exhausted at the end of 30 seconds, but enough of a challenge that you know you’re working.

The only equipment you need is a timer capable of repeating intervals. It doesn’t need to be fancy:

- Digital or sports watch
- Interval timer such as the GymBoss
- Running app such as Runkeeper or Endomondo
- Treadmill with a digital readout

Now pick the three days you’re going to run...put your shoes on...and GO!

***“Believe you can, and you’re halfway there.”***

*-Theodore Roosevelt*



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To help you stay motivated and organized, here are some brainstorming ideas. Take a few moments and write down your thoughts, then refer back to it when you need it.

Where will you run? List out the running options that are available to you, and be creative - in addition to the gym or your local high school track, are there any nearby neighborhoods with good sidewalks that you could drive to? What about local bike trails? Can you do your intervals at the local mall before it opens?

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What are your backup plans - how will you respond if my preferred location or time is not available to me?

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Create your gym-bag checklist - here are some example items: sneakers, socks, sports bra, headphones, tights, shirt, undies, headband, hat, hair tie, shower stuff, phone, GPS watch, ipod, snack, water bottle.

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Think of some races you might want to do in the future, write down the distances and the dates:

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