

RUNNING START!

TRAINING PLAN AND JOURNAL

DO THIS FIRST:

1. Before you do anything else, print out this PDF! Your training journal and instructions on what to do for each run are on the last page of this document.
2. If you haven't done so already, join the free private Facebook group [HERE](#). This is where you can connect with other women going through the jumpstart.

GENERAL GUIDELINES:

1. If you're not ready to move on, you can repeat each week as many times as you like.
2. Always warm up before each run with a 5-minute brisk walk and cool down with 3–5 minutes of slow walking.
3. After your cooldown, stretch your hamstrings, glutes, quadriceps, and calves.
4. Use a timer to count your intervals—download a free app such as Runkeeper to your phone. (Check out the show notes from [NYAR podcast episode 9](#) for a tutorial on how to set up your intervals in the app.)
5. When running on roads, always face oncoming traffic—i.e., run on the opposite side of the road from where you would drive.
6. Make yourself visible at dusk and after dark—blinking lights, reflective vests.
7. Your inner mean girl may tell you stories about why you should stop, or not go at all. You don't have to believe her!

RUNNING FORM:

1. Run tall. Picture a string coming off the top of your head, pulling your body upwards.
2. Elbows bent, hands loose.
3. Take short, quick, light steps.
4. Keep your feet low to the ground, instead of bounding forward.
5. Your feet should land under your body—not way out front.

BREATHING:

1. Synchronize with your footsteps.
2. Keep your breathing deep and even.
3. Inhale for 2–3 footsteps, exhale for 2–3.
4. You should be able to carry on a brief conversation.

JOURNAL:

1. Use the journal on the next page to document your workouts.
2. Include information like how you felt, the weather, where you ran, distance covered, or anything else you find valuable.

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The run time of 20 seconds is a *suggested starting point*. If it feels like too much, use 15 seconds. If it's not enough, try 30 seconds! You can experiment from week to week to see what you like. Make sure you write down what you did for each run so you can refer back to it later.

| Week | Instructions* | Run #1 Date & Notes | Run #2 Date & Notes | Run #3 Date & Notes |
|------|--|---------------------|---------------------|---------------------|
| 1 | Warm up with 5 minute walk Repeat 10X: Run 20 sec/Walk 60 sec Cool down 5 minute walk | | | |
| 2 | Warm up with 5 minute walk Repeat 12X: Run 20 sec/Walk 60 sec Cool down 5 minute walk | | | |
| 3 | Warm up with 5 minute walk Repeat 15X: Run 20 sec/Walk 60 sec Cool down 5 minute walk | | | |
| 4 | Warm up with 5 minute walk Repeat 20X: Run 20 sec/Walk 60 sec Cool down 5 minute walk | | | |