

**Running Program:** You've checked with your doctor and now you're ready to start. Congratulations on your first step to losing weight. Remember, nice and easy, heel to toe.

## WEEK 1

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 6 minutes.
3. Now try jogging at an easy pace for 1 minute.

Do the best you can and REPEAT 3 TIMES. End with a 5-10 minute cool down walk. Nice and slow and easy. Then do some stretching, don't push it, it will get easier as time goes on.

Try to DO 3 DAYS (rest days in between workouts) with this same routine for week 1.

## WEEK 2

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 5 minutes.
3. Now try jogging at an easy pace for 2 minutes.

Do the best you can and REPEAT 3 TIMES. End with a 5-10 minute cool down walk. Nice and slow and easy. Don't flake out on this, it gets easier as you get stronger.

Try to DO 3 DAYS (rest days in between workouts) with this same routine for week 2.

## WEEK 3

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 3 minutes.
3. Now try jogging at an easy pace for 4 minutes.

Hang in there and REPEAT 4 TIMES. End with a 5-10 minute cool down walk. Nice and slow and easy. You're running plan is stepping it up a bit as you get stronger, keep at it.

Try to DO 4 DAYS (rest days in between workouts) with this same routine for week 3.

## WEEK 4

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 2 minutes.
3. Now try jogging at a comfortable pace for 5 minutes.

Breath deep and REPEAT 4 TIMES. End with a 5-10 minute cool down walk. Nice and slow and easy. Keep at it, you're doing great.

Try to DO 4 DAYS (rest days in between workouts) with this same routine for week 4.

## WEEK 5

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 2 minutes.
3. Now start jogging at a comfortable pace for 8 minutes.

You're getting there, REPEAT 3 TIMES. End with a 5-10 minute cool down walk. Nice and slow and easy. Your running program is working; you're feeling stronger as you burn fat. Stretch.

Try to DO 4 DAYS (rest days in between workouts) with this same routine for week 5.

## WEEK 6

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 2 minutes.
3. Now start jogging at a comfortable pace for 9 minutes.

Stay focused and REPEAT 3 TIMES. End with a 5-10 minute cool down walk. Nice and slow and easy. Don't forget to stretch.

Try to DO 4 DAYS (rest days in between workouts) with this same routine for week 6.

## WEEK 7

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 1 minute.
3. Now start jogging at a comfortable pace for 11 minutes.

Think "Rocky," you can do this; REPEAT 3 TIMES. End with a 5-10 minute cool down walk. Nice and slow and easy. Stretch.

Try to DO 4 DAYS (rest days in between workouts) with this same routine for week 7.

## WEEK 8

1. First a slow 5-10 minute walk warm-up.
2. Then pick up the pace for 5 minutes.
3. Now start jogging for 20 minutes.

Think "Rocky" and End with a 5-10 minute cool down walk. Nice and slow and easy. Stretch.

Try to DO 4 DAYS (rest days in between workouts) with this same routine for week 7.  
By the end of the week, try to work up to a 30 minute jog without stopping.

Your ultimate running plan goal is to run for 30 minutes four times a week. When you feel you have the stamina and strength, try stepping it up even more, who knows you might even want to enter a local 5 or 10 k. And remember to always listen to your body, it will tell you when you need to back off. Use your breathing as your guide when running. You should be able to carry on a conversation while running and your breathing shouldn't be heavy. Stick with it guys, a running program can work miracles. Smiles...Gigi