

## BORN TO RUN

A Walk/Run Program can be a great way to begin a running program that will help prevent injury.

### Helpful Tips:

- Move from one stage to the next once you feel the stage you are on is too easy
- 10% rule: Don't increase your distance by more than 10% a week (if you are running every other day)
- If you have pain at one stage, drop down to the lower stage to where you are pain-free
- General lower body strength training has a significant positive effect on reducing running injuries

Voila! You are running!

<u>STAGE</u>	<u>WALK</u>	<u>JOG</u>	<u>REPEAT</u>	<u>TIME</u>
<u>I</u>	5 MIN	1 MIN	5 X	30 MIN
<u>II</u>	4 MIN	2 MIN	5 X	30 MIN
<u>III</u>	3 MIN	3 MIN	5 X	30 MIN
<u>IV</u>	2 MIN	4 MIN	5 X	30 MIN
<u>V</u>	Jog every other day to reach 30 consecutive minutes; begin with 5 minutes of walking, gradually increasing the pace. End with 5 minutes of walking, gradually decreasing the pace to a comfortable walk.			

HERE'S HOW  
TO START

