

A man in a striped t-shirt and dark shorts is running on a path at night. The entire image has a strong red color overlay. On the left side, the words "NONE TO RUN" are written in a large, stylized font made of horizontal white lines.

NONE  
TO  
RUN

NONE TO RUN PLAN

	WORKOUT 1	WORKOUT 2	WORKOUT 3	STRENGTH WORKOUT
WEEK 1	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>30 seconds</b> of slow running and <b>2 minutes</b> of walking for a total of <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>30 seconds</b> of slow running and <b>2 minutes</b> of walking for a total of <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>30 seconds</b> of slow running and <b>2 minutes</b> of walking for a total of <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Simple Strength Routine for Runners. <b>Perform 2 sets.</b></p>
WEEK 2	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>1 minute</b> of slow running and <b>2 minutes</b> of walking for a total of <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>1 minute</b> of slow running and <b>2 minutes</b> of walking for a total of <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>1 minute</b> of slow running and <b>2 minutes</b> of walking for a total of <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Simple Strength Routine for Runners. <b>Perform 2 sets.</b></p>
WEEK 3	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>1 minute</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>1 minute</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>1 minute</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Simple Strength Routine for Runners. <b>Perform 2 sets.</b></p>
WEEK 4	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Simple Strength Routine for Runners. <b>Perform 2 sets.</b></p>
WEEK 5	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>1 minute</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>1 minute</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>1 minute</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>IT Band Routine</p>
WEEK 6	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>1 minute</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>1 minute</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>90 seconds</b> of slow running and <b>1 minute</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>IT Band Routine</p>

	WORKOUT 1	WORKOUT 2	WORKOUT 3	STRENGTH WORKOUT
WEEK 7	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>2 minutes</b> of slow running and <b>30 seconds</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>2 minutes</b> of slow running and <b>30 seconds</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>2 minutes</b> of slow running and <b>30 seconds</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	IT Band Routine
WEEK 8	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>2 minutes</b> of slow running and <b>30 seconds</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>2 minutes</b> of slow running and <b>30 seconds</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>2 minutes</b> of slow running and <b>30 seconds</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	7-Minute Strength Workout for Runners
WEEK 9	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>5 minutes</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>5 minutes</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then alternate between <b>5 minutes</b> of slow running and <b>2 minutes</b> of walking for a total of <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	7-Minute Strength Workout for Runners
WEEK 10	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>20 minutes</b>.</p> <p><b>TOTAL TIME: 25 MIN.</b></p>	7-Minute Strength Workout for Runners
WEEK 11	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>22 minutes</b>.</p> <p><b>TOTAL TIME: 27 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>22 minutes</b>.</p> <p><b>TOTAL TIME: 27 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>22 minutes</b>.</p> <p><b>TOTAL TIME: 27 MIN.</b></p>	7-Minute Strength Workout for Runners
WEEK 12	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	<p>Walk briskly for <b>5 minutes</b>. Then run slowly for <b>25 minutes</b>.</p> <p><b>TOTAL TIME: 30 MIN.</b></p>	7-Minute Strength Workout for Runners

## AUDIO FILES

Click here to get the audio files ([FREE](#))

## STRENGTH WORKOUTS

The strength workouts should be performed 1-2 times per week. You can perform the strength workouts on your days off from running or immediately after a run.

### SIMPLE STRENGTH ROUTINE FOR RUNNERS

[view workout](#)

### IT BAND ROUTINE FOR RUNNERS

[view workout](#)

### 7-MINUTE STRENGTH WORKOUT FOR RUNNERS

[view workout](#)

## A NOTE ON THE PROGRESSION FROM WEEK 9 TO WEEK 10:

While this does seem like a big jump on paper, it's not actually as daunting as it seems.

In Week 9 of N2R, you're walking for 5 minutes (warm up) and then doing a run/walk for 25-mins. Total time = 30 minutes.

In Week 10, you're walking for 5-mins and then running for 20-mins. So, for 9-weeks you've been building up strength, endurance and are accustomed to 30-minutes total time on your feet. Week 10 jumps back to 25-minutes of time on your feet....even though you are running slowly for 20-mins straight. I would focus more on the total time on your feet as opposed to the solely running time! If anything, it's more of a mental leap.

One of my FB group members said it perfectly:

*"You just have to tell yourself to start running and go until you can't anymore - your body is ready for 20 minutes, it's just getting your brain on board!"*

## OTHER RESOURCES FOR BEGINNER RUNNERS

My podcast:

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Free email series for beginner runners - [click here to subscribe.](#)

## ABOUT ME

Hey. I'm Mark Kennedy. I created the None to Run plan.

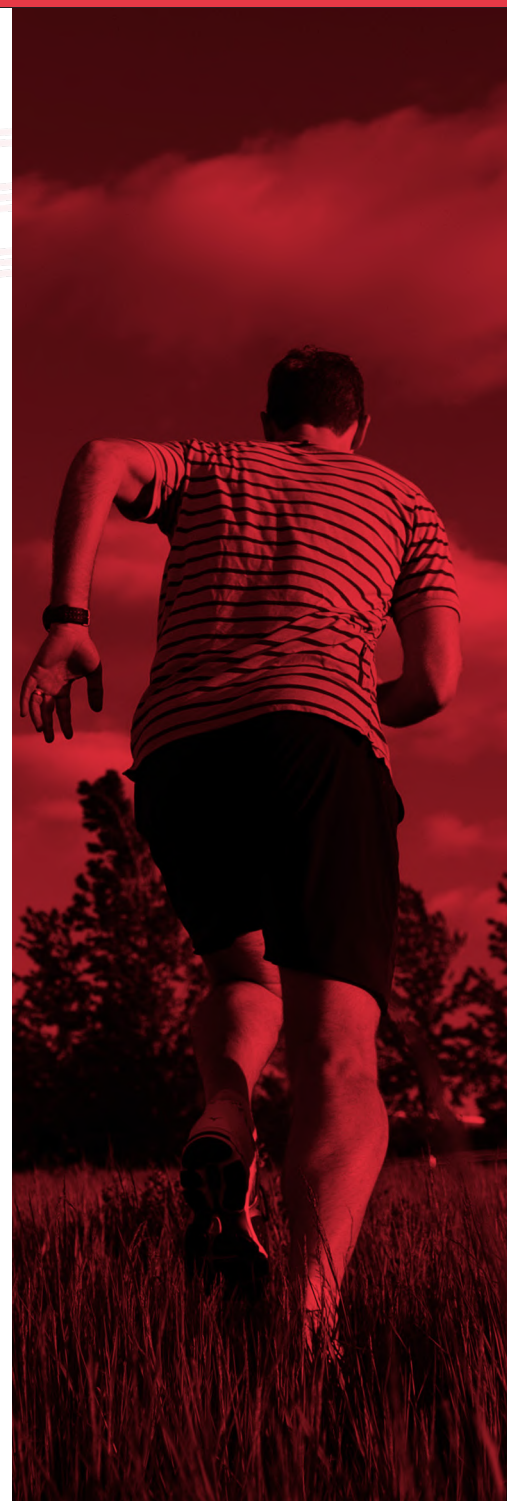
As USATF (USA Track and Field) certified coach and a former Kinesiologist, I created my blog, [Healthynomics](#), as a personal outlet for me to stay in touch with my passion for exercise science and healthy living.

I enjoy helping people get fit and improving their health by sharing my experiences and the knowledge from industry experts.



My work has been featured in places like Canadian Running Magazine, RunKeeper, Strength Running, The Globe and Mail, CBC News and Lifehacker. Today, my focus is helping beginner runners get started.

Reach out on [Twitter](#) or by email ([mark@nonetorun.com](mailto:mark@nonetorun.com)).



WEEK	DAY	DONE?	5 minute warm up	5-minutes	10-minutes	15-minutes	20-minutes	25-minutes
1	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
2	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
3	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
4	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
5	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
6	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
7	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
8	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
9	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
10	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
11	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						
12	1	<input type="checkbox"/>						
	2	<input type="checkbox"/>						
	3	<input type="checkbox"/>						

GREEN = WARM-UP WALK

YELLOW = WALKING

RED = RUNNING