

Learn to Love to Run Program: 12 Week Training Plan - Relentless Forward Commotion/Hart Strength & Endurance Coaching

The following training plan is designed for educational purposes, and is not a prescribed training plan for any particular individual.

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs

copyright 2020 Heather Hart / www.relentlessforwardcommotion.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals four times: run for 30 seconds/ walk for 2 minutes (total of 10 minutes). Finish with a 5 minute brisk walk.	Start with a 5 minute warm up -brisk walk. Then, alternate 1 minute of fast, hard effort WALKING with 2 minutes of normal, relaxed walking. Repeat the 1 hard / 2 easy interval (walking only!) for 10 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals four times: run for 30 seconds/ walk for 2 minutes (total of 10 minutes). Finish with a 5 minute brisk walk	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals four times: run for 30 seconds/ walk for 2 minutes (total of 10 minutes). Finish with a 5 minute brisk walk
		Total time: 20 minutes	Total Time: 20 minutes		Total time: 20 minutes		Total time: 20 minutes
		Total run time (cumulative): 2 minutes	(no running)		Total run time (cumulative): 2 minutes		Total run time (cumulative): 2 minutes
Week 2	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals five times: run for 30 seconds/ walk for 2 minutes (total of 12.5 minutes). Finish with a 5 minute brisk walk.	Start with a 5 minute warm up -brisk walk. Then, alternate 1 minute of fast, hard effort WALKING with 2 minutes of normal, relaxed walking. Repeat the 1 hard / 2 easy interval (walking only!) for 10 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals five times: run for 30 seconds/ walk for 2 minutes (total of 12.5 minutes). Finish with a 5 minute brisk walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals six times: run for 30 seconds/ walk for 2 minutes (total of 15 minutes). Finish with a 5 minute brisk walk.
		Total time: 22:30 minutes	Total Time: 20 minutes		Total time: 22:30 minutes		Total time: 25 minutes
		Total run time (cumulative): 2:30 minutes			Total run time (cumulative): 2:30 minutes		Total run time (cumulative): 3 minutes
Week 3	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals six times: run for 30 seconds/ walk for 2 minutes (total of 15 minutes). Finish with a 5 minute brisk walk.	Start with a 5 minute warm up -brisk walk. Then, alternate 1 minute of fast, hard effort WALKING with 2 minutes of normal, relaxed walking. Repeat the 1 hard / 2 easy interval (walking only!) for 10 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals six times: run for 30 seconds/ walk for 2 minutes (total of 20 minutes). Finish with a 5 minute brisk walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals eight times: run for 30 seconds/ walk for 2 minutes (total of 20 minutes). Finish with a 5 minute brisk walk.
		Total time: 25 minutes	Total time: 20 minutes		Total time: 30 minutes		Total time: 30 minutes
		Total run time (cumulative): 3 minutes			Total run time (cumulative): 3 minutes		Total run time (cumulative): 4 minutes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals FIVE times: run for 45 seconds/ walk for 2 minutes (total of 13:45 minutes). Finish with a 5 minute brisk walk.	Start with a 5 minute warm up -brisk walk. Then, alternate 1 minute of fast, hard effort WALKING with 2 minutes of normal, relaxed walking. Repeat the 1 hard / 2 easy interval (walking only!) for 15 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals FOUR times: 30 second run/30second walk /30 second run/2 minute walk (14 minutes total). Cool down with a 5 minute brisk walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals EIGHT times: run for 30 seconds/ walk for 2 minutes (total of 20 minutes). Finish with a 5 minute brisk walk.
		Total time: 23:45 minutes	Total time: 25 minutes		Total time: 24 minutes		Total time: 30 minutes
		Total run time (cumulative): 3:45 minutes			Total run time (cumulative): 4 minutes		Total run time (cumulative): 4 minutes
Week 5	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals FIVE times: run for 45 seconds/ walk for 90 seconds (total of 11:15 minutes). Finish with a 5 minute brisk walk.	Start with a 5 minute warm up -brisk walk. Then, alternate 1 minute of fast, hard effort WALKING with 2 minutes of normal, relaxed walking. Repeat the 1 hard / 2 easy interval (walking only!) for 15 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals FOUR times: 30 second run/15 second walk /30 second run/2 minute walk (13 minutes total). Cool down with a 5 minute brisk walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals TEN times: run for 30 seconds/ walk for 2 minutes (total of 25 minutes). Finish with a 5 minute brisk walk.
		Total time: 21:15 minutes	Total time: 25 minutes		Total time: 23 minutes		Total time: 35 minutes
		Total run time (cumulative): 3:45			Total run time (cumulative): 4 minutes		Total run time (cumulative): 5 minutes
Week 6	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals SIX times: run for 45 seconds/ walk for 90 seconds (total of 13:30 minutes). Finish with a 5 minute brisk walk.	Start with a 5 minute warm up -brisk walk. Then, alternate 1 minute of fast, hard effort WALKING with 2 minutes of normal, relaxed walking. Repeat the 1 hard / 2 easy interval (walking only!) for 15 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals FIVE times: 30 second run/15 second walk /30 second run/2 minute walk (16:15 minutes total). Cool down with a 5 minute brisk walk.		Start with a 5 minute warm up - brisk walk. Then repeat the following intervals TWELVE times: run for 30 seconds/ walk for 2 minutes (total of 30 minutes). Finish with a 5 minute brisk walk.
		Total time: 23:30 minutes	Total time: 25 minutes		Total time: 26:30 minutes		Total time: 40 minutes
		Total run time (cumulative): 4:30 minutes			Total run time (cumulative): 5 minutes		Total run time (cumulative): 6 minutes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 7	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals SIX times: run for 60 seconds / walk for 90 seconds (total 15 minutes). Finish with a 5 minute brisk walk	Start with a 5 minute warm up -brisk walk. Then, alternate 2 minutes of fast, hard effort WALKING with 1 minutes of normal, relaxed walking. Repeat the 2 hard / 1 easy interval (walking only!) for 20 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following interval FOUR times: RUN for 60 seconds / walk 30 seconds (total 6 minutes) Walk for 2 minutes to recover. Then repeat the RUN for 60 seconds / walk 30 second FOUR more times (total 6 minutes). Cool down with a 5 minute brisk walk .	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals TWELVE times: run for 30 seconds/ walk for 90 seconds (total of 24 minutes). Finish with a 5 minute brisk walk.
		Total time: 25 minutes	Total time: 30 minutes		Total time: 24 minutes		Total time: 34 minutes
		Total run time (cumulative): 6 minutes			Total run time (cumulative): 8 minutes		Total run time (cumulative): 6 minutes
Week 8	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals EIGHT times: run for 60 seconds / walk for 90 seconds (total 20 minutes). Finish with a 5 minute brisk walk	Start with a 5 minute warm up -brisk walk. Then, alternate 2 minutes of fast, hard effort WALKING with 1 minutes of normal, relaxed walking. Repeat the 2 hard / 1 easy interval (walking only!) for 20 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following interval FIVE times: RUN for 60 seconds / walk 30 seconds (total 7: 30 minutes) Walk for 2 minutes. Then repeat the RUN for 60 seconds / walk 30 second FIVE more times (total 7:30 minutes). Cool down with a 5 minute brisk walk .	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals TWELVE times: run for 45 seconds/ walk for 90 seconds (total of 27 minutes). Finish with a 5 minute brisk walk.
		Total time: 30 minutes	Total time: 30 minutes		Total time: 27 minutes		Total time: 37:00
		Total run time: 8 minutes			Total run time (cumulative): 10 minutes		Total run time (cumulative): 9 minutes
Week 9	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals EIGHT times: run for 60 seconds / walk for 60 seconds (total 16 minutes). Finish with a 5 minute brisk walk	Start with a 5 minute warm up -brisk walk. Then, alternate 2 minutes of fast, hard effort WALKING with 1 minutes of normal, relaxed walking. Repeat the 2 hard / 1 easy interval (walking only!) for 20 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following interval FOUR times: RUN for 60 seconds / walk 15 seconds (total 5 minutes) Walk for 2 minutes. Then repeat the RUN for 60 seconds / walk 15 seconds, FOUR more times (total 5 minute). Walk for 2 minutes. Repeat one last time: Run for 60 seconds / walk for 15 seconds, four times. Cool down with a 5 minute brisk walk .	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals TWELVE times: run for 60 seconds/ walk for 90 seconds (total of 30 minutes). Finish with a 5 minute brisk walk.
		Total time: 26 minutes	Total time: 30 minutes		Total time: 29 minutes		Total time: 40 minutes
		Total run time (cumulative): 8 minutes			Total run time (cumulative): 12 minutes		Total run time (cumulative) 12 minutes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 10	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals EIGHT times: run for 75 seconds / walk for 60 seconds (total 18 minutes). Finish with a 5 minute brisk walk	Start with a 5 minute warm up -brisk walk. Then, alternate 3minutes of fast, hard effort WALKING with 1 minutes of normal, relaxed walking. Repeat the 3 hard / 1 easy interval (walking only!) for 20 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following ladder intervals THREE times: Run 60 seconds / walk 60 seconds / run 45 seconds/walk 45 seconds / run 30 seconds / walk 30 seconds / run 15 seconds/walk 15 seconds. One ladder takes 5 minutes, the entire run portion should take 15 minutes. Cool down with a 5 minute brisk walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals TWELVE times: run for 60 seconds/ walk for 60 seconds (total of 24 minutes). Finish with a 5 minute brisk walk.
		Total time: 28 minutes	Total time: 30 minutes		Total time: 25 minutes		Total time: 34 minutes
		Total run time (cumulative) :10 minutes			Total run time (cumulative):7.5 minutes		Total run time (cumulative) 12 minutes
Week 11	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals NINE times: run for 75 seconds / walk for 45 seconds (total 18minutes). Finish with a 5 minute brisk walk	Start with a 5 minute warm up -brisk walk. Then, alternate 3minutes of fast, hard effort WALKING with 1 minutes of normal, relaxed walking. Repeat the 3 hard / 1 easy interval (walking only!) for 20 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following ladder intervals THREE times: Run 60 seconds / walk 60 seconds / run 45 seconds/walk 45 seconds / run 30 seconds / walk 30 seconds / run 15 seconds/walk 15 seconds. One ladder takes 5 minutes, the entire run portion should take 15 minutes. Cool down with a 5 minute brisk walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals FIFTEEN times: run for 60 seconds/ walk for 60 seconds (total of 30 minutes). Finish with a 5 minute brisk walk.
		Total time: 28:00 minutes			Total time: 25 minutes		Total time: 40 minutes
		Total run time (cumulative) : 11:25 minutes			Total run time (cumulative):7.5 minutes		Total run time (cumulative):15 minutes
Week 12	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals EIGHT times: run for 90 seconds/ walk for 1 minute (total 20 minutes). Finish with a 5 minute brisk walk	Start with a 5 minute warm up -brisk walk. Then, alternate 3minutes of fast, hard effort WALKING with 1 minutes of normal, relaxed walking. Repeat the 3 hard / 1 easy interval (walking only!) for 20 minutes. Cool down with a 5 minute moderate walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following ladder intervals FOUR times: Run 60 seconds / walk 60 seconds / run 45 seconds/walk 45 seconds / run 30 seconds / walk 30 seconds / run 15 seconds/walk 15 seconds. One ladder takes 5 minutes, the entire run portion should take 20 minutes. Cool down with a 5 minute brisk walk.	REST	Start with a 5 minute warm up - brisk walk. Then repeat the following intervals EIGHT times: run for 2 minutes / walk for 1 minute (total 24 minutes). Finish with a 5 minute brisk walk
		Total time: 30 minutes			Total time: 30 minutes		Total time: 34 minutes
		Total run time (cumulative) : 12 minutes			Total run time (cumulative):10 minutes		Total run time (cumulative): 16 minutes