

# THE STARTING LINE

THE RUNNER'S WORLD PROGRAM FOR BEGINNERS



## START WALKING PLAN

The *Runner's World* Start Walking plan will help you get in the habit of exercising regularly and stick with it.

With this seven-week plan, you can build up to and beyond 150 minutes of exercise per week—the amount of exercise that the American College of Sports Medicine (ACSM) says will stave off diabetes, heart disease, and stroke; lower blood pressure and cholesterol; increase energy; and improve depression and anxiety. By the end of the plan, you'll be able to complete a 60-minute walk.

- › These walks should be brisk—not a race walk, but not a window-shopping walk either.
- › You can substitute time on a stationary bike or an elliptical trainer, but walking is the best foundation for running.
- › If you don't have time for the longest workout of each week, it's okay to split it in half. You'll get the same health benefits.
- › If you have a BMI of more than 25, are 60 years or older, or if you'd like to take a more gradual approach, you can repeat any week, or every week, and stretch this out to an eight-, 10-, or 12-week plan.
- › If you're 40 or older, or have a family history of heart disease, diabetes, or other chronic illnesses, see a doctor before starting any exercise routine.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MINUTES (ESTIMATED MILEAGE)
1	15 min	25 min	Rest or optional 15 min walk	25 min	Rest	35 min	Rest	100-115 min (5-7.7 miles)
2	15 min	28 min	Rest or optional 15 min walk	28 min	Rest	38 min	Rest	109-124 min (5.4-8.3 miles)
3	20 min	30 min	Rest or optional 15 min walk	30 min	Rest	40 min	Rest	120-135 min (6-9 miles)
4	20 min	35 min	Rest or optional 15 min walk	35 min	Rest	45 min	Rest	135-150 min (6.7-10 miles)
5	20 min	40 min	Rest or optional 20 min walk	40 min	Rest	50 min	Rest	150-170 min (7.5-11.3 miles)
6	20 min	40 min	Rest or optional 20 min walk	40 min	Rest	55 min	Rest	155-175 min (7.8-11.7 miles)
7	20 min	45 min	Rest or optional 20 min walk	40 min	Rest	60 min	Rest	165-185 min (8.25-12.3 miles)

### Key

- › The total time of the workout is listed at the top of each workout in bold. So on Monday of the first week, 15 minutes (min) means that the total workout time is 15 minutes.
- › The distance for each day is an approximation based on a 10- to 20-minute-per-mile walking pace.