

# RUNNER'S WORLD

## TRAINING PLAN

### Run Nonstop

This seven-week plan will help you transition from run/walk to running without walk breaks. This plan begins with a 25-minute run/walk and builds up gradually, so that by the end you'll be able to run for 30 minutes - without stopping! The plan includes four workouts per week with an optional fifth day. If you don't have time for the longest workout of each week, it's okay to split it in half. If you'd like to take a more gradual approach, you can repeat any week, or every week.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Day 1 <input type="checkbox"/> 25 Minutes Run/Walk	Day 2 <input type="checkbox"/> 40 Minutes Run/Walk	Day 3 <input type="checkbox"/> Rest or 20-Minute Walk	Day 4 <input type="checkbox"/> 40 Minutes Run/Walk	Day 5 <input type="checkbox"/> Rest	Day 6 <input type="checkbox"/> 55 Minutes Run/Walk	Day 7 <input type="checkbox"/> Rest
	Day 8 <input type="checkbox"/> 25 Minutes Run/Walk	Day 9 <input type="checkbox"/> 40 Minutes Run/Walk	Day 10 <input type="checkbox"/> Rest or 20-Minute Walk	Day 11 <input type="checkbox"/> 40 Minutes Run/Walk	Day 12 <input type="checkbox"/> Rest	Day 13 <input type="checkbox"/> 55 Minutes Run/Walk	Day 14 <input type="checkbox"/> Rest
3	Day 15 <input type="checkbox"/> 25 Minutes Run/Walk	Day 16 <input type="checkbox"/> 40 Minutes Run/Walk	Day 17 <input type="checkbox"/> Rest or 20-Minute Walk	Day 18 <input type="checkbox"/> 40 Minutes Run/Walk	Day 19 <input type="checkbox"/> Rest	Day 20 <input type="checkbox"/> 55 Minutes Run/Walk	Day 21 <input type="checkbox"/> Rest
	Day 22 <input type="checkbox"/> 25 Minutes Run/Walk	Day 23 <input type="checkbox"/> 40 Minutes Run/Walk	Day 24 <input type="checkbox"/> Rest or 20-Minute Walk	Day 25 <input type="checkbox"/> 40 Minutes Run/Walk	Day 26 <input type="checkbox"/> Rest	Day 27 <input type="checkbox"/> 55 Minutes Run/Walk	Day 28 <input type="checkbox"/> Rest
5	Day 29 <input type="checkbox"/> 25 Minutes Run/Walk	Day 30 <input type="checkbox"/> 40 Minutes Run/Walk	Day 31 <input type="checkbox"/> Rest or 20-Minute Walk	Day 32 <input type="checkbox"/> 40 Minutes Run/Walk	Day 33 <input type="checkbox"/> Rest	Day 34 <input type="checkbox"/> 55 Minutes Run/Walk	Day 35 <input type="checkbox"/> Rest
	Day 36 <input type="checkbox"/> 25 Minutes Run/Walk	Day 37 <input type="checkbox"/> 40 Minutes Run/Walk	Day 38 <input type="checkbox"/> Run or Optional 20-Minute Walk	Day 39 <input type="checkbox"/> 40 Minutes Run/Walk	Day 40 <input type="checkbox"/> Rest	Day 41 <input type="checkbox"/> 50 Minutes Run/Walk	Day 42 <input type="checkbox"/> Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Day 43 20 Minutes Run/Walk	Day 44 30 Minutes Run/Walk	Day 45 Rest	Day 46 20 Minutes Run/Walk	Day 47 Rest	Day 48 30-Minute Run or 5K Fun Run	Day 49 Rest or 20-Minute Walk

## WEEK 1

### Day 1, Monday · 25 Minutes Run/Walk

Welcome to the Runner's World Run Nonstop Plan. This seven-week plan will help you transition from run/walking to running without walk breaks.

The plan includes four workouts per week with an optional fifth day of walking. If you don't have time for the longest workout of each week, it's okay to split it in half. If you have a BMI of at least 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 8-, 10-, or 12-week plan. If you're over 40, or have a family history of heart disease or other health problems, see a doctor before you start a regular exercise program.

You'll kick off the plan this week with workouts that have a run/walk ratio of 3:2. Today you'll have a 25-minute workout, and depending on how fast you're moving, you'll cover about 1.8 miles. Walk for 3 minutes to warm up. Then spend 20 minutes alternating between running for 3 minutes and walking for 2 minutes. Cool down with 2 minutes of walking. Don't worry about the distance or your pace, just focus on getting out and completing the 25-minute workout feeling good.

### Day 2, Tuesday · 40 Minutes Run/Walk

Today you'll repeat the same workout as yesterday, but the workout will stretch out to 40 minutes. Start with 5 minutes of walking. Then spend 30 minutes alternating between 3 minutes of running and 2 minutes of walking. Cool down with 5 minutes of walking. Depending on how fast you're going, you'll cover about 2.9 miles.

This week, establish an exercise routine that blends well into the rhythm of your daily life. Figure out what times of day are most convenient for your workout. Scout out a few flat, scenic, traffic-free routes that you can regularly take in a variety of weather conditions. You should always walk against the flow of traffic and assume that drivers cannot see you.

### Day 3, Wednesday · Rest or 20-Minute Walk

Today you have an option: You can rest or, if you're feeling good, you can walk for 20 minutes. Don't include any bouts of running in the walk. Just enjoy the stroll. In these first few weeks, start with four workouts per week and see how your body responds. If you're feeling sore or extra fatigued, continue to rest. If you feel healthy and energized, make Wednesday a short workout day. Take a 20-minute walk, with no bouts of running.

### Day 4, Thursday · 40 Minutes Run/Walk

Today you'll repeat the same workout that you did Tuesday. Start with 5 minutes of walking. Then spend 30 minutes alternating between 3 minutes of running and 2 minutes of walking. Cool down with 5 minutes of walking. Depending on how fast you're going, you'll cover about 2.9 miles. While longer sessions are ideal, if you'd like to split up the workouts into two or three sessions at first, that's okay. Studies have shown that, say, two 20-minute sessions of exercise deliver the same health benefits as a single 40-minute workout.

## Day 5, Friday · Rest

Rest today to recover from the workouts you've done so far.

When you first start working out, it's tempting to use whatever athletic shoes you have on hand, but it's not a good idea. Worn-out or ill-fitting shoes are a leading cause of injury. And wear and tear are not always apparent to the naked eye. If you want to stay injury-free, you must get shoes that offer your feet the fit and support they need. It may feel like a lot to spend up to \$120 on a pair of shoes, but the investment will provide hundreds of comfortable, safe, and healthy miles. Go to a specialty running shop, where a salesperson can measure your feet and help you find the pair that's best for you. Don't shop by price or by fashion.

## Day 6, Saturday · 55 Minutes Run/Walk

Today is your first long workout. Start with 5 minutes of walking to warm up. Then spend 45 minutes alternating between 3 minutes of running and 2 minutes of walking. Walk for 5 minutes to cool down. Depending on your pace, you'll cover about 4 miles.

Since you'll be walking longer, you can start out slower than you usually do. On these days, your goal is to just complete the workout. The important factor in these workouts is how you feel. They should feel smooth and comfortable, as if you could go forever.

## Day 7, Sunday · Rest

Rest today to recover from this week's workouts.

Congratulations, you've finished the first week, and earned a well-deserved rest day. You have completed 160 to 180 minutes of exercise, and covered anywhere from 11.6 to 12.9 miles. As your routine gets under way, invest in shirts, pants, shorts, underwear, and socks that are made of technical, lightweight fabrics that wick away moisture. These fabrics, such as Dri-FIT and Coolmax, help prevent chafing, and will help keep you cool in the warm weather, and warm in the winter.

## WEEK 2

## Day 8, Monday · 25 Minutes Run/Walk

Welcome to week 2 of the Run Nonstop plan. This week you'll build on the work you did last week, running longer and taking shorter walk breaks. Your workouts will have a 4:1 run/walk ratio.

Start today with a 25-minute workout. Walk for 3 minutes to warm up. Then spend 20 minutes alternating between 4 minutes of running and 1 minute of walking. Walk for 2 minutes to cool down. Depending on how fast you're going, you'll cover about 1.9 miles.

As you go longer, use the plan as a guide but let your body be the boss. Muscle soreness—particularly in areas like quads and calves—is a common and normal part of pushing your body farther than it's gone before. The next day's workout might actually ease the discomfort and help you loosen up. But if you have sharp pains that persist or worsen while you're working out, it's better to rest and do your workout another day. If the pain persists, see a sports-medicine doctor.

## Day 9, Tuesday · 40 Minutes Run/Walk

Today you'll repeat the same workout as yesterday, but the workout will stretch out to 40 minutes. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 4 minutes of running and 1 minute of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3 miles.

When you're first starting out, it's best to focus on the time you spend exercising, rather than pace, or the number of miles you cover and the amount of time it takes to cover those miles. It's the time that you consistently spend working out that is going to determine how much fitness you develop and the overall health benefits you gain. As you get more comfortable running and walking, you can start to track your pace on each workout to gauge your fitness gains.

### **Day 10, Wednesday · Rest or 20-Minute Walk**

Today you have an option: You can rest or, if you're feeling good, you can walk for 20 minutes. Don't include any bouts of running in the walk. Just enjoy the stroll.

Try to stay hydrated throughout each day. Aim to drink half your body weight in ounces of fluids. So if you weigh 150 pounds, aim for 75 ounces of water per day. It's best to stick with calorie-free drinks like water. Many sports drinks contain calories and sugar that aren't necessary unless you're working out for longer periods of time.

### **Day 11, Thursday · 40 Minutes Run/Walk**

Today you'll repeat the same workout as Tuesday. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 4 minutes of running and 1 minute of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3 miles.

Having trouble getting up early to work out? Aim for 8 hours of sleep each night. And prep for exercise the night before. Set your coffeemaker to brew before you wake. Turn off the computer and TV at least 30 minutes before you hit the sack. In the morning, put on your workout clothes in a brightly lit room. When light hits your eyes, it signals your pineal gland to stop producing melatonin, a hormone that makes you feel sleepy.

### **Day 12, Friday · Rest**

Rest today to recover from this week's workouts and prepare for tomorrow. If you're sniffing and sneezing, it's okay to go out for your workout; you'll likely feel better afterward. But stay in if you have a fever and flu-like symptoms. It's best to rest and see a doctor.

### **Day 13, Saturday · 55 Minutes Run/Walk**

Today is your long workout. Walk for 5 minutes to warm up. Then spend 45 minutes alternating between running for 4 minutes and walking for 1 minute. Walk for 5 minutes to cool down. You'll cover about 4.2 miles total.

If you're heading out and it's pitch black, make sure to run with a headlamp or handheld light so you're visible to passing cars. If you don't feel comfortable with a light, at least run with a reflective vest or a blinking red light with a bright LED. Never assume that a driver sees you. Run against traffic so you can react to any mistake an advancing motorist might make. Run with proper ID, and carry a cell phone with emergency contacts programmed into it.

### **Day 14, Sunday · Rest**

At the end of the plan you have the option of running for 30 minutes nonstop. But you also have the option of ending the plan with a 5K race. The idea of a race can seem daunting, but it's a great way to get inspired, motivated, and feel more like the runner that you are becoming. There are 5Ks in most areas every weekend. Most events are inexpensive to enter, casually organized, and feature runners and walkers of all abilities and levels of fitness. You can find an event near you with our Race Finder at [runnersworld.com/racefinder](http://runnersworld.com/racefinder).

**Day 15, Monday · 25 Minutes Run/Walk**

Welcome to week 3 of the Run Nonstop plan. You'll continue to progress, stretching out the time you spend running, while keeping the walk breaks at 1 minute. Your workouts will have a 5:1 run/walk ratio.

Start today with a 25-minute workout. Walk for 4 minutes to warm up. Then spend 18 minutes alternating between 5 minutes of running and 1 minute of walking. Walk for 2 minutes to cool down. Depending on how fast you're going, you'll cover about 1.9 miles.

Don't let the weather derail your workout. Just take a few simple precautions. Whether it's very cold or very hot, don't worry about pace. Just take the workout at an effort that feels easy. Wear clothing made of technical fabrics (like DriFIT and Coolmax) that wick sweat away from your skin to keep you dry. When it's cold out, cover your extremities (fingers, ears, and nose). Start your workout going into the wind. That way the wind will be at your back when you're sweaty and fatigued on the way home. When the weather is warm, stick to shaded trails and try to avoid running in the heat of the day. Head out before 10 a.m. or after 4 p.m. Apply sunscreen 20 minutes before you hit the road, and be sure to stay hydrated. If it doesn't feel safe to go outside, hit the treadmill or reschedule your workout for another day. Many gyms offer affordable one-day passes so you don't have to invest in a membership.

**Day 16, Tuesday · 40 Minutes Run/Walk**

Today you'll repeat the same workout as yesterday, but the workout will stretch out to 40 minutes. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 5 minutes of running and 1 minute of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3 miles.

Try to eat like an athlete even when you're not on the road. Each day about half of your calories should come from complex carbohydrates, which are the main source of fuel for your workouts. Carbs should come from fruits, vegetables, whole grains, beans, and lentils, as well as vitamins, minerals, and antioxidants that speed recovery and protect against diseases. About 25 percent of your calories should come from lean proteins, like meats, fish, tofu, and beans. Low-fat dairy, eggs, and cuts of beef and pork labeled "loin" and skinless poultry are your best choices. The balance of your daily calories should come from healthy unsaturated fats, like the kind you can get from nuts, seeds, and avocados.

**Day 17, Wednesday · Rest or 20-Minute Walk**

Today you have an option: You can rest or, if you're feeling good, you can walk for 20 minutes. Don't include any bouts of running in the walk. Just enjoy the stroll. If you're trying to shed pounds, it's important to be patient and take it slow. A healthy weight-loss goal is to drop one to two pounds a week. Trying to drop more than this can leave you feeling too fatigued for your workout. Aim to cut 300 to 600 calories per day between consuming less and burning more calories through exercise.

**Day 18, Thursday · 40 Minutes Run/Walk**

Today you'll repeat the same workout that you did on Tuesday. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 5 minutes of running and 1 minute of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3 miles.

Having trouble getting out in the afternoon? When you're mentally and physically tired at the end of the day, dopamine, the brain chemical that energizes you, is low, as is your blood sugar. But that's the ideal time to work out. Going for a walk will elevate your heart rate and make you feel more alert. Pack your gear, change at work, and go directly to the gym or the trail. Keep your energy up with a snack before your run.

### Day 19, Friday · Rest

There is a dizzying array of drinks, gels, and bars that promise to boost your energy or recovery. But many of those products are laden with calories and fats that most people don't need for most of their workouts. Some bars have calorie, fat, and sugar stats that are higher than candy bars. And they're really designed to refuel you if you're working out for 90 minutes or longer. Unless you are using a well-balanced bar as a meal replacement, these options are not ideal for weight loss. They won't keep you full for long, making it likely you'll overeat at your next meal.

### Day 20, Saturday · 55 Minutes Run/Walk

Today is your long workout. Walk for 4 minutes to warm up. Then spend 48 minutes alternating between running for 5 minutes and walking for 1 minute. Walk for 3 minutes to cool down. You'll cover about 4.3 miles total.

Make sure that you have cleared enough time to work out so that it doesn't jam up your day. If a morning workout means you're speeding to work and stressed about being late, the workout will start to feel like punishment. Your brain will start relating to the workout in a negative way, and it will be hard to make it into a habit.

### Day 21, Sunday · Rest

You've earned a well-deserved rest day. You have completed 160 to 180 minutes of exercise, and covered anywhere from 12.2 to 13.4 miles. Keeping a detailed training log will help you stay motivated. It will help you see what's working and what's not, and will keep you on track to meet your goals. In your log, record the amount of time you spent working out; your pace; what the weather conditions were; what you ate and drank before, during, and after your workout; and how you felt. Each week, add up the amount of time you spent working out. You'll draw confidence from all that you have accomplished. And when you see all the time and miles add up, the next day's workout won't seem as daunting. Set a nonfood reward to cash in when you finish the plan. Try setting aside one dollar for each minute or mile you log, and use that money for some sort of treat like an afternoon at the spa, new running gear, books, or music.

## WEEK 4

### Day 22, Monday · 25 Minutes Run/Walk

Welcome to week 4 of the Run Nonstop plan. You'll build on last week's work, stretching out the time you spend running, while keeping the walk breaks at 1 minute. Your workouts will have a 6:1 run/walk ratio.

Start today with a 25-minute workout. Walk for 2 minutes to warm up. Then spend 21 minutes alternating between 6 minutes of running and 1 minute of walking. Walk for 2 minutes to cool down. Depending on how fast you're going, you'll cover about 1.9 miles.

No matter how far or how long you plan to go, start out slowly to warm up and gradually bring up your heart rate. That will make the workout feel easier sooner. You want to go into the workout with the idea that you'll finish strong. If you finish feeling gassed, you'll be demoralized and it'll be that much more difficult to get out for your next workout.

### Day 23, Tuesday · 40 Minutes Run/Walk

Today you'll repeat the same workout as yesterday, but the workout will stretch out to 40 minutes. Walk for 3 minutes to warm up. Then spend 35 minutes alternating between 6 minutes of running and 1 minute of walking. Walk for 2 minutes to cool down. Depending on how fast you're going, you'll cover about 3.1 miles.

When you're tired, especially on longer workouts, the natural tendency is to tighten up in your arms and hunch up your shoulders. When you notice this happening, do a body scan: Unfurrow your brow, unclench your jaw, drop your shoulders away from your ears. Drop your arms to your sides and gently shake them out as you exhale.

### **Day 24, Wednesday · Rest or 20-Minute Walk**

Don't undo all the hard work you do on the road when you sit down at the table. While you are burning more calories once you start exercising on a regular basis, it is very easy to eat back those calories—and then some. Overcompensation, experts say, is one of the biggest issues that lead to weight gain. Many people tend to feel entitled to eat more food—and less healthy foods—just because they are exercising regularly. Whatever the case, being mindful of what you put in your mouth is the key to avoiding weight gain. There will be times when you'll be hungrier, and you should eat more then. But it's important to stick to the fundamentals of healthy eating.

### **Day 25, Thursday · 40 Minutes Run/Walk**

Today you'll repeat the same workout that you did Tuesday. Walk for 3 minutes to warm up. Then spend 35 minutes alternating between 6 minutes of running and 1 minute of walking. Walk for 2 minutes to cool down. Depending on how fast you're going, you'll cover about 3.1 miles.

If you get a sharp pain in your side underneath your ribs while you're working out, it's likely a side stitch. While alarming, it's a minor issue, with a quick fix. When struck with a side stitch, slow down and change your breathing pattern. Take quick, shallow breaths for a minute or two, then switch to taking deep breaths for a minute. Keep moving slowly. If the pain doesn't subside by then, stop and stretch on the side of the road, bending to the opposite side of the stitch. You might also think about slowing your pace.

### **Day 26, Friday · Rest**

The “calories burned” readouts on treadmills—and any other exercise machines—are rarely accurate. That's because treadmills estimate total calories burned rather than the net number (i.e., calories burned solely through exercise, above and beyond what we would have used anyway). Plus, keep in mind that most machines don't account for body-fat percentage, gender, age, resting heart rate, or whether you're holding onto the rails. But you don't have to **totally** ignore the machine's stats. Use the calorie readout as a barometer of your progress. If the calorie readout goes up from one session to the next for the same workout, you know you're getting fitter.

### **Day 27, Saturday · 55 Minutes Run/Walk**

Today is your long workout. Walk for 4 minutes to warm up. Then spend 49 minutes alternating between running for 6 minutes and walking for 1 minute. Walk for 2 minutes to cool down. You'll cover about 4.3 miles total.

You may be crunched for time, but it's best not to skip the warmup and cooldown. A good warmup gets the blood flowing to muscles; gradually raises the heart rate; loosens up stiff muscles, bones, and tendons; and makes the workout feel easier, sooner. It's also important to take a few minutes for a cooldown, especially as you build up to more running. If you just stop abruptly, the blood can pool in your legs and you may feel faint. Finishing the workout with a walk helps gradually bring down your heart rate so you can recover sooner.

### **Day 28, Sunday · Rest**

Rest today. You have completed 160 to 180 minutes of exercise, and covered anywhere from 12.4 to 13.6 miles.

Stick to water or other calorie-free drinks. Sports drinks are high in calories and meant to provide fuel for working out for an hour or longer. And try not to go overboard on blended coffee drinks. Switch to plain brewed coffee, which is nearly calorie-free. If you love specialty drinks, choose a smaller size with fat-free or low-fat milk and skip the whipped cream and syrups.

**Day 29, Monday · 25 Minutes Run/Walk**

Welcome to week 5 of the RUN NONSTOP plan. You'll build on last week's work, stretching out the time you spend running, with a longer walk break of 2 minutes. Your workouts will have an 8:2 run/walk ratio.

Start today with a 25-minute workout. Walk for 3 minutes to warm up, then spend 20 minutes alternating between 8 minutes of running and 2 minutes of walking. Walk for 2 minutes to cool down. Depending on how fast you're going, you'll cover about 2 miles. If your run is scheduled to start in a half hour and your stomach is growling, grab a low-fiber, low-fat snack that will energize you without upsetting your stomach. Look for a snack with 150 calories or less, like a handful of low-fiber cereal, half a bagel with honey or jam, a few graham crackers with a teaspoon of honey, or a banana with a teaspoon of honey.

**Day 30, Tuesday · 40 Minutes Run/Walk**

Today you'll repeat the same workout as yesterday, but the workout will stretch out to 40 minutes. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 8 minutes of running and 2 minutes of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3.1 miles.

If you want to shed pounds, sometimes the scale isn't the best way to gauge your progress. When you start exercising, you gain muscle and lose body fat, which can make you weigh more. Consider other measures when gauging your efforts. Counting the extra belt holes you can cinch is an easy way to get daily feedback on your weight. Take that old pair of jeans you wore when you were at your dream weight and try them on periodically.

**Day 31, Wednesday · Rest or 20-Minute Walk**

Even while you are running, walking can always play a valuable role in your exercise routine. Walking puts your legs and arms through the same general range of motion as running, but without the same impact on your bones and joints, and without the same risk of getting hurt. It keeps you healthy and injury-free. You're not sweating and breathing as hard as you are when you're running, but it does provide similar training for your muscles and bones. Other forms of exercise are good to maintain fitness, but walking best mimics the actions of running—without the same impact on the muscles and bones. Try to maintain good form when you walk. Take short steps to avoid overstriding, which can cause aches and pains in your legs, feet, and hips. Keep your feet low to the ground and step lightly.

**Day 32, Thursday · 40 Minutes Run/Walk**

Today you'll repeat the same workout that you did Tuesday. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 8 minutes of running and 2 minutes of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3.1 miles.

Lots of people get hung up on running a certain number of miles per week, and if they miss a day or two, they end up cramming in extra miles. Going from a little running to a lot in short order is a recipe for disaster. If you miss a workout, simply move on or reschedule it for another day.

**Day 33, Friday · Rest**

While exercise is a proven stress-reliever, if you start your workout frazzled or drained—say you are sick, sleep-deprived, anxious about work, or you've been partying too hard—the workout will feel harder. Studies have shown that muscles take longer to recover when you're stressed out. Other studies have shown that for people who were stressed out, workouts felt harder than they did for those who weren't, even when they were working at the same level of effort.



### Day 34, Saturday · 55 Minutes Run/Walk

Today is your long workout. Walk for 5 minutes to warm up. Then spend 45 minutes alternating between running for 8 minutes and only walking for 1 minute. Walk for 5 minutes to cool down. You'll cover about 4.3 miles total.

When the weather is bad, or you don't feel safe hitting the road, use a treadmill. At first, don't pay too much attention to the pace on the console. Just focus on maintaining a pace that you can keep up comfortably. As you tire, adjust your speed or the incline. Avoid grabbing the handrails; doing so can throw off your stride and create a twisting motion, which can lead to injuries. If you can't run hands-free, slow down. If you've spent 100 percent of your workouts on a treadmill, gradually integrate outdoor workouts into your routine. Outside, your calf muscles have to work harder to propel you forward, and so do the smaller stabilizer muscles in the joints and ankles. On your first outside run, start with 10 minutes, and add five minutes the next week. Continue to build gradually.

### Day 35, Sunday · Rest

You have earned a well-deserved rest day. You have completed 160 to 180 minutes of exercise, and covered anywhere from 12.5 to 13.7 miles. Anytime you're in motion during the day, you're burning more calories than you are if you're just sitting. Even standing at your desk burns more calories than sitting. Try to integrate more movement into your day. Swear off escalators or elevators, and attack the stairs. Live in a high-rise? Get off three flights before your destination. For one week, park your car in one of the farthest spaces in the parking lot at work, at the mall, and at the store. Buy a pedometer and try to walk more each successive day for seven days. Pace the sidelines at your child's game. Leave the foldout chair at home.

## WEEK 6

### Day 36, Monday · 25 Minutes Run/Walk

Welcome to week 6 of the RUN NONSTOP plan. You'll build on last week's work, you'll spend more time running, and your walk breaks will get shorter. Your workouts will have a 9 minutes:1 minute run/walk ratio.

Start today with a 25-minute workout. Walk for 3 minutes to warm up, then spend 20 minutes alternating between 9 minutes of running and 1 minute of walking. Walk for 2 minutes to cool down. Depending on how fast you're going, you'll cover about 2 miles.

You don't have to be "fast" to hit the track. In fact it can be the perfect place for newbies. It's flat and traffic-free, and the distance is measured for you. Many schools open their tracks to the public during times when school isn't in session. Plan your workout around open hours. Most runners take a track counterclockwise. To avoid collisions, you should, too. Leave the headphones at home, so you can tune in to what's going on around you. The innermost lane of the track is typically the place for the fastest runners. If you're warming up, cooling down, or running slower, move to an outside or middle lane. Most tracks are 400 meters around; that's equivalent to about one-quarter of a mile. Four laps around the track are roughly equivalent to one mile.

### Day 37, Tuesday · 40 Minutes Run/Walk

Your workout will be longer today, but it will follow the same pattern as the one you did yesterday, with 9-minute segments of running and 1 minute walk breaks. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 9 minutes of running and 1 minute of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3.2 miles.

Having trouble making exercise into a habit? Right after your run, treat yourself to something you genuinely enjoy—a hot shower, a smoothie, even a small piece of dark chocolate—so your brain associates exercise with an immediate reward. Experts say that you have to get the reward right away for something to become automatic. You have to teach the brain about reward through experience.

### **Day 38, Wednesday · Run or Optional 20-Minute Walk**

You've seen the iconic image of a runner bent over, touching his toes. You've probably seen plenty of runners doing this before races. But this so-called static stretching—attempting to lengthen muscles and tendons to increase flexibility—is generally not recommended. There is no evidence that static stretching prevents injury or improves workouts, experts now say. In fact there's some evidence that it can hurt. Before your workout, your time is better spent warming up with dynamic stretching. These moves, which include butt kicks and walking with high knees, improve range of motion and loosen up muscles that you're going to use on the road. They also increase heart rate, body temperature, and bloodflow, so you feel warmed up sooner and you run more efficiently.

### **Day 39, Thursday · 40 Minutes Run/Walk**

Today you'll repeat the same workout you did Tuesday, with 9-minute running segments and 1 minute walk breaks. Walk for 5 minutes to warm up. Then spend 30 minutes alternating between 9 minutes of running and 1 minute of walking. Walk for 5 minutes to cool down. Depending on how fast you're going, you'll cover about 3.2 miles.

Keep on hand an energy bar, raisins, nuts, or any other easily digestible, nonperishable food that can take the edge off your hunger before you take your first steps or after you're done.

### **Day 40, Friday · Rest**

The cheapest, easiest, and most convenient way to gauge your fitness is to track your resting heart rate. Take your heart rate for one minute first thing in the morning before you get out of bed. Put two fingers on your pulse, and count the number of beats per minute. Write the number down in your training log. As you get fitter, your resting heart rate will get lower. That's because your heart is getting stronger, so it doesn't have to make as many beats to pump out the blood your body needs. That means your body is responding to the training and getting more fit.

### **Day 41, Saturday · 50 Minutes Run/Walk**

Today is your long workout. It will be a little shorter than last week to give your legs a little rest. Walk for 5 minutes to warm up. Then spend 40 minutes alternating between running for 9 minutes and walking for 1 minute. Cool down with 5 minutes of walking. You'll cover about 4 miles.

Not every workout will be an A+. There will be weeks when you get sick or stuck at work late, or simply don't feel like exercising. At those times, do whatever workout you have time to squeeze in (or find another activity that appeals to you). So you set out to run four days this week and only got to it twice? Fine. Resolve to try harder the following week, but don't give up entirely. Same thing with eating. If you eat a food that was more caloric than you wanted, it doesn't mean you should write off your diet completely. You can't control the past. Just focus on making the healthiest choice you can now under the circumstances.

### **Day 42, Sunday · Rest**

Rest today to recover from all of your workouts this week. So far you have completed 155 to 175 minutes of exercise, and covered anywhere from 12.4 to 13.6 miles.

Even the most disciplined eaters have bad days, when they struggle to consume a well-balanced diet. A multivitamin can take the pressure off, guaranteeing you're getting all the vitamins and minerals you need to stay healthy in case something unforeseen knocks you off your healthy eating routine. Look for vitamins that are USP (United States Pharmacopeia) verified. Select vitamins that meet or exceed the recommended daily amounts for iron, calcium, vitamin D, and vitamin B12. It doesn't matter what time of day you take your vitamins, but establishing a schedule can help ensure that you stay consistent. Take your vitamins with food if they upset your stomach.

**Day 43, Monday · 20 Minutes Run/Walk**

Welcome to your final week of the Run Nonstop plan. By the end of this week you will reach your goal; you'll be ready to run 30 minutes without stopping.

Start today with a 20-minute workout. Walk for 3 minutes to warmup, then run 15 minutes. If you'd like to take a short 30-second walk break, you can. Walk for 2 minutes to cool down. Depending on your pace, you'll cover about 1.6 miles total.

On Saturday you have a choice: You can run 30 minutes or you can enter a 5K race, which is 3.1 miles. Trying a race can seem daunting, but it's a great way to get inspired, see some new routes, mix up your routine, and celebrate all the hard work you've done to get to the starting line. Most areas have 5Ks every weekend that allow you to register the morning of the race. Try to arrive at least one hour before the start time so you have plenty of time to warm up and get comfortable before the starting gun fires. If you've followed this plan, you should be able to complete the 3.1-mile race feeling good!

**Day 44, Tuesday · 30 Minutes Run/Walk**

Today you'll extend your run by 5 minutes. Walk for 5 minutes to warm up, then run 20 minutes continuously, and walk for 5 minutes to cool down. You can take short, 30-second walk breaks if you need to. Depending on your pace, you'll cover about 2.3 miles.

**Day 45, Wednesday · Rest**

Rest today to recover from the hard work you've done so far. Try to eat consistently on your rest days and your workout days.

**Day 46, Thursday · 20 Minutes Run/Walk**

Walk for 3 minutes to warm up. Then spend 15 minutes running, taking short walk breaks if you need to. Walk for 2 minutes to cool down. You'll cover about 1.6 miles total.

Running form is as individual as a fingerprint. It's best not to worry about yours too much, but a few minor modifications can help you run more efficiently. Run "tall" and upright, not with a pronounced forward lean. Look toward the horizon, not at your feet. Run faster by increasing your stride turnover, not by overreaching with each stride. On uphill, shorten your stride, and drive more with your arms. Try to maintain even effort, not pace. When running downhill, let gravity work for you by leaning slightly forward.

**Day 47, Friday · Rest**

As you move forward, beyond this plan, follow a hard/easy training pattern. Rest and run at an easy pace some days so that you have the energy for a few more challenging workouts on others. Most runs need to be easy. As a new runner, make sure you limit yourself to one big day a week. Run longer and slower than normal, or shorter and faster than normal, or go join a race and try to maintain your best appropriate pace for the entire race distance.

**Day 48, Saturday · 30-Minute Run or 5K Fun Run**

If you're doing the 30-minute run, first walk for 5 minutes to warm up. Then run at an easy pace for 30 minutes, and walk 5 minutes to cool down.

If you're running a 5K, start in the back of the pack at the starting line. This will keep you from going out too fast and allow you to gradually get into a comfortable rhythm so that you can finish strong. Start slowly and visualize yourself finishing fast and strong, having enjoyed the experience enough to want to do another. Don't try to race another runner on the course; it's best to just focus on getting into a comfortable rhythm that you can maintain. It's best to not shoot for a time goal. Whatever time you do, it's a personal best. Make it a race against yourself. It's your progress that's most valuable to you. If you have a good experience, you'll want to do it again, and chances are, you'll have an even better time.

## Day 49, Sunday · Rest or 20-Minute Walk

Congratulations on completing the Runner's World Run Nonstop Plan! You've earned a well-deserved rest day. Take time to celebrate all that you've accomplished, and keep up the momentum with our Run Longer plan, which will help you develop the endurance to run six miles feeling strong. Thank you for training with Runner's World.

Run Nonstop (For 30 Minutes) Plan  
Runner's World · Plan ID #126-8  
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