START RUNNING AT ANY AGE

WEEK 1

DAY 1: CARDIO
30-MINUTE INCLINE WALK
Adjust incline to challenge yourself and establish a baseline.

DAY 2: STRENGTH, UPPER BODY
Resistance Band Bicep Curls (10 to 20 reps each side)
Resistance Band Anchored Lat Pulldowns (10 to 20 reps)
Banded Pull-Aparts (10 to 20 reps)
Dumbbell Overhead Situps (20 reps)
Complete 3 sets.

DAY 3: STRETCHING
Enjoy a yoga flow.

DAY 4: CARDIO
45-MINUTE INCLINE WALK
5 to 7 minutes walk intervals at 3% to 5% incline
Rest as needed between intervals, limiting rest to a maximum of 90 seconds.

DAY 5: STRENGTH, LOWER BODY
Bodyweight Squat Pulses (10 reps)
Dumbbell Deadlifts (10 reps)
Assisting Forward Lunges (10 reps each side)
Butterfly Situps (10 reps)
Complete 3 sets.

DAY 6: CARDIO
60-MINUTE INCLINE WALK
4 minutes walk at 3% incline
60 seconds walking recovery
1 minute walk at 5% incline
60 seconds walking recovery
Continue for 60 minutes, increasing each incline by 0.5% to 1% every time you start a new circuit.

DAY 7: REST

WEEK 2

DAY 1: CARDIO
30-MINUTE INCLINE WALK/JOG
Do 4 rounds total.

DAY 2: STRENGTH, UPPER BODY
Alternating Hammer Curls (20 reps total)
Dumbbell Gorilla Rows (10 reps)
Wide Dumbbell Curls (10 reps)
Forearm Plank Hip Dips (20 reps)
Complete 3 sets.

DAY 3: STRETCHING
4 minutes jog at 3% incline
1 minute flat road walk
4 minutes light jog
1 minute recovery walk
Do 3 rounds total.

DAY 4: CARDIO
Do 5 rounds total.

DAY 5: STRENGTH, LOWER BODY
Dumbbell Front Squats (10 reps)
Dumbbell Heel Elevated Goblet Squats (10 reps)
Dumbbell Split Squats (20 reps)
Lying Alternating Toe Touches (20 reps total)
Complete 3 sets.

DAY 6: CARDIO
55-MINUTE INCLINE WALK/JOG
OPTION 1
6 minutes walk at 3% incline
1 minute flat road walk

OPTION 2
6 minutes jog at steady pace and 9% incline
1 minute walking recovery at 0% incline
Do 7 rounds total.

DAY 7: REST

WEEK 3

DAY 1: CARDIO
36-MINUTE INCLINE WALK/JOG
4 minutes walk at 3% incline
(Pro tip: Don’t feel your calves paying in the work? It’s time to level up the incline, says Longino.)
4 minutes jog at 3% incline
1 minute walk recovery at 0% incline
Do 4 rounds total.

DAY 2: STRENGTH, UPPER BODY
Resistance Band Standing Anchored Chest Presses (10 reps)
Resistance Band Anchored Frontal Raises (12 reps)
Dumbbell Upright Rows (12 reps)
Dolphin Planks (10 reps)
Complete 4 sets.

DAY 3: STRETCHING
30 to 40 minutes stretching focusing on shoulders, back, and hamstrings.
Foam-roll your legs to help alleviate soreness and muscle tension.

DAY 4: CARDIO
Do 3 rounds total.

DAY 5: STRENGTH, LOWER BODY
Dumbbell Biop Squats (10 reps each side)
Calfe Lat Pulldowns (12 reps)
Banded Pull-Aparts (12 reps)
Dumbbell Overhead Situps (10 reps)
Complete 4 sets.

DAY 6: CARDIO
56-MINUTE INCLINE WALK/JOG
7 minutes walk at 6% to 8% incline
7 minutes running/jogging at steady pace and 0% incline
1 minute walking recovery
Do 7 rounds total.

DAY 7: REST

WEEK 4

DAY 1: CARDIO
55-MINUTE JUG/RUN
6 minutes jog or run
1 minute recovery walk
3 minutes faster jog or run
1 minute recovery walk
Do 5 rounds total.

DAY 2: STRENGTH, UPPER BODY
Alternating Dumbbell Hammer Curls (10 reps total)
Gorilla Rows (15 reps)
Dumbbell Wide Bicep Curls (10 reps each side)
Forearm Plank Hip Dips (12 reps)
Complete 4 sets.

DAY 3: STRETCHING
20 to 30 minutes stretching, with yoga poses

DAY 4: CARDIO
30-MINUTE INCLINE WALK/JOG
5 minutes walk at 6% to 8% incline
1 minute quicker speed run
1 minute slower jog/run, but not to full recovery
Do 5 rounds for a 30-minute workout.

DAY 5: STRENGTH, LOWER BODY
Dumbbell Squats (12 reps)
Dumbbell Deadlifts (12 reps)
Assisting Forward Lunges (20 reps total)
Butterfly Situps (15 reps)
Complete 4 sets.

DAY 6: CARDIO
Choose your favorite previous cardio day or cardio workout from the past four weeks, applying your speed and/or workout duration.

DAY 7: REST

Full Rest