

START RUNNING

Run 30 minutes non-stop in 6 weeks

A simple, progressive plan to go from walking to running 30 minutes without stopping, by alternating running and walking.

6

weeks

2 + 1

sessions per week (2 required, 1 optional)

30 min

minimum per session

The week-by-week plan

Run Walk Optional session

Week 1

Session 1: 1 min run / 2 min walk × 10 30 min



Session 2: 2 min run / 3 min walk × 6 30 min



Session 3 (optional): 30 min brisk walk or 40 min bike ride



Week 2

Session 1: 2 min run / 2 min walk × 8 32 min



Session 2: 3 min run / 2 min walk × 6 30 min



Session 3 (optional): 30 min brisk walk or 40 min bike ride



Week 3

Session 1: 4 min run / 2 min walk × 6 36 min



Session 2: 5 min run / 1 min walk × 5 30 min



Session 3 (optional): 30 min brisk walk or 40 min bike ride



Week 4

Session 1: 6 min run / 1 min walk × 5 35 min



Session 2: 10 min run / 2 min walk × 3 36 min



Session 3 (optional): 30 min brisk walk or 40 min bike ride



Week 5

Session 1: 12 min run / 1 min walk × 2 + 6 min run 31 min



Session 2: 15 min run / 1 min walk + 14 min run 30 min



Session 3 (optional): 40 min brisk walk or 50 min bike ride



Week 6

Session 1: 20 min run / 1 min walk + 10 min run 31 min



Session 2: 30 min continuous run 🎯 Goal reached



Session 3 (optional): 40 min brisk walk or 50 min bike ride



By the end of week 6, you can run 30 minutes non-stop at your own pace!

Next goal: gradually run longer (40 to 45 min) and/or pick up your pace.

Tips to complete the plan

- **Run slowly.** You should be able to talk while running. If you're out of breath, slow down rather than stop.
- **Take at least one rest day** between two running sessions.
- **Session too hard?** Repeat the week before moving on. There's no rush.
- **Pick a flat route** for the first few weeks: hills make the effort much harder.