

# Born to Run Program

## Weeks 1-4

### Do's

- ✓ Dress appropriately.
- ✓ Hold your 'easy' effort evenly.
- ✓ Do not stop.
- ✓ All running is performed ideally on flat even grass.

### Don'ts

- ❖ Push harder than your easy effort, ever.
- ❖ Move more than prescribed.
- ❖ Practice with overzealous partners.
- ❖ Overstride.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 30 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Type: Walk How: Steadily Time: 40 minutes Effort: Easy	Rest
Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Rest	Type: Walk/Run How: W4.30/R0.30 Time: 30 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Type: Walk How: W4.30/R0.30 Time: 40 minutes Effort: Easy	Rest
Type: Walk How: Steadily Time: 30 minutes Effort: Easy	Rest	Type: Walk/Run How: W4.00/R1.00 Time: 30 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Type: Walk How: W4.00/R1.00 Time: 40 minutes Effort: Easy	Rest
Type: Walk How: Steadily Time: 30 minutes Effort: Easy	Rest	Type: Walk/Run How: W4.00/R1.00 Time: 40 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Type: Walk How: W4.00/R1.00 Time: 50 minutes Effort: Easy	Rest