

# Building Up a Running Base

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By showing an interest in this subject you have begun the first step in becoming a runner. You may be new to running or just returning to running after taking some time off. First, I would recommend getting a physical from your doctor. Make sure they've cleared you physically for challenging exercise. None of the advice we give at Marathon Training Academy is meant to be a substitute for the guidance of your physician.

Here is a three day per week running schedule. In 20 weeks you will be able to run for 30 minutes straight. Don't run on consecutive days and be sure you listen to your body. Try to cross train on your non-running days (low impact activity: swimming, cycling, elliptical, weight training, yoga) and take one day for rest. On your run/walk days be sure to warm up by walking for 5 minutes and end your session with 5 minutes of cool down walking. Sample (you can change the days to fit into your schedule):

## Sample Schedule

Sun- rest  
Mon- swim  
Tues- run/walk  
Wed- cycling  
Thurs- run/walk  
Fri- weight training  
Sat- run/walk

	Tuesday	Thursday	Saturday
Week 1	Run 1 min, walk 1 min, total of 8 times (16min)	Run 1 min, walk 1 min, total 10x	Run 1 min, walk 1 min, total 12x
Week 2	Run 1 min, walk 1 min, total of 10 times (20min)	Run 1 min, walk 1 min, total 12x	Run 2 min, walk 1 min, total 10x
Week 3	Run 2 min, walk 1 min, total of 8 times (24min)	Run 2 min, walk 1 min, total 10x	Run 2 min, walk 1 min, total 12x
Week 4	Run 2 min, walk 1 min, total of 10 times (30min)	Run 2 min, walk 1 min, total 8x	Run 3 min, walk 1 min, total 8x
Week 5	Run 3 min, walk 1 min, total of 6 times (24min)	Run 3 min, walk 1 min, total 8x	Run 3 min, walk 1 min, total 10x
Week 6	Run 3 min, walk 1 min, total of 6 times (24min)	Run 3 min, walk 1 min, total 8x	Run 4 min, walk 1 min, total 6x

Week 7	Run 4 min, walk 1 min, total of 5 times (25 min)	Run 4 min, walk 1 min, total 6x	Run 4 min, walk 1 min, total 8x
Week 8	Run 4 min, walk 1 min, total of 6 times (30 min)	Run 4 min, walk 1 min, total 7x	Run 5 min, walk 1 min, total 5x
Week 9	Run 5 min, walk 1 min, total of 6 times (36 min)	Run 5 min, walk 1 min, total 5x	Run 5 min, walk 1 min, total 7x
Week 10	Run 5 min, walk 1 min, total of 6 times (36 min)	Run 6 min, walk 1 min, total 4x	Run 6 min, walk 1 min, total 6x
Week 11	Run 6 min, walk 1 min, total of 5 times (35min)	Run 6 min, walk 1 min, total 6x	Run 6 min, walk 1 min, total 7x
Week 12	Run 7 min, walk 1 min, total of 3 times (24min)	Run 7 min, walk 1 min, total 4x	Run 7 min, walk 1 min, total 5x
Week 13	Run 7 min, walk 1 min, total of 4 times (32min)	Run 7 min, walk 1 min, total 5x	Run 8 min, walk 1 min, total 3x
Week 14	Run 8 min, walk 1 min, total of 4 times (36min)	Run 8 min, walk 1 min, total 3x	Run 8 min, walk 1 min, total 5x
Week 15	Run 9 min, walk 1 min, total of 3 times (30min)	Run 9 min, walk 1 min, total 3x	Run 9 min, walk 1 min, total 4x
Week 16	Run 9 min, walk 1 min, total of 4 times (40min)	Run 9 min, walk 1 min, total 3x	Run 10 min, walk 1 min, total 3x
Week 17	Run 10 min, walk 1 min, total of 3 times (33min)	Run 10 min, walk 1 min, total 4x	Run 10 min, walk 1 min, total 4x
Week 18	Run 15 min, walk 1 min, total of 2 times (32min)	Run 15 min, walk 1 min, total 3x	Run 20 min straight
Week 19	Run 15 min, walk 1 min, total of 2 times (32min)	Run 20 min straight	Run 15 min, walk 1 min, run 15 min
Week 20	Run 25 min straight	Run 20 min straight	Run 30 min straight

After you can run 30 minutes without stopping you are ready to run a 5k. See Marathon Training Academy's 5k programs and pick one that best fits your level. When you can run 3-5 miles at least 3 times per week and have maintained that schedule for 4-6 months you are ready to become a long-distance runner. Set your goal and keep going.

In these early weeks as you are building your running endurance you will want to keep a running journal. This will serve as encouragement to you as you look back and see how far you've come. Keep track of how many miles you cover, how long it takes, your route (or running surface: road vs. treadmill), and how you feel. Eventually, you will get to the point where you can run for 30 minutes straight. Wow, did you ever think you'd be able to do that? When you can run 3 miles comfortably you might want to think about running a 5k race (3.1 miles). Marathon Training Academy has a great 5k plan for beginners. Not only will doing a 5k give you a feel for racing, but it will inspire you to set bigger goals.