



Down's Syndrome Association

A Registered Charity No. 1061474

THE BEGINNER'S PLAN

If you have signed up for your first ever run then this plan is the one for you. Giving you 8 weeks to train, this plan will help you to run for 10 minutes non-stop. So grab your trainers and head outside for some fun – filled training!

WEEK 1

Day 1	Run for 2 minutes	Walk to 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 1 minute	Walk for 5 minutes
Day 2	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes
Day 3	Run for 2 minutes	Walk for 5 minutes	Run for 3 minutes	Walk for 5 minutes	Run for 1 minute	Walk to 5 minutes

WEEK 2

Day 1	Run for 2 minutes	Walk to 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 1 minute	Walk for 5 minutes
Day 2	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes
Day 3	Run for 2 minutes	Walk for 5 minutes	Run for 3 minutes	Walk for 5 minutes	Run for 1 minute	Walk to 5 minutes

WEEK 3

Day 1	Run for 2 minutes	Walk to 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 1 minute	Walk for 5 minutes
Day 2	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes
Day 3	Run for 2 minutes	Walk for 5 minutes	Run for 3 minutes	Walk for 5 minutes	Run for 1 minute	Walk to 5 minutes

WEEK 4

Day 1	Run for 2 minutes	Walk to 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 1 minute	Walk for 5 minutes
Day 2	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes	Run for 2 minutes	Walk for 5 minutes
Day 3	Run for 2 minutes	Walk for 5 minutes	Run for 3 minutes	Walk for 5 minutes	Run for 1 minute	Walk to 5 minutes

WEEK 5

Day 1	Run for 6 minutes	Walk for 1 minute	Run for 6 minutes	Walk for 1 minute	Run for 5 minutes	Walk for 1 minute
Day 2	Run for 6 minutes	Walk for 1 minute	Run for 6 minutes	Walk for 1 minute	Run for 6 minutes	Walk for 1 minute
Day 3	Run for 6 minutes	Walk for 1 minute	Run for 7 minutes	Walk for 1 minute	Run for 5 minutes	Walk for 1 minute

WEEK 6

Day 1	Run for 7 minutes	Walk for 1 minute	Run for 7 minutes	Walk for 1 minute	Run for 6 minutes	Walk for 1 minute
Day 2	Run for 7 minutes	Walk for 1 minute	Run for 7 minutes	Walk for 1 minute	Run for 7 minutes	Walk for 1 minute
Day 3	Run for 7 minutes	Walk for 1 minute	Run for 8 minutes	Walk for 1 minute	Run for 6 minutes	Walk for 1 minute

WEEK 7

Day 1	Run for 8 minutes	Walk for 1 minute	Run for 8 minutes	Walk for 1 minute	Run for 7 minutes	Walk for 1 minute
Day 2	Run for 8 minutes	Walk for 1 minute	Run for 8 minutes	Walk for 1 minute	Run for 8 minutes	Walk for 1 minute
Day 3	Run for 8 minutes	Walk for 1 minute	Run for 9 minutes	Walk for 1 minute	Run for 8 minutes	Walk for 1 minutes

WEEK 8

Day 1	Run for 9 minutes	Walk for 1 minute	Run for 9 minutes	Walk for 1 minute	Run for 8 minutes	Walk for 1 minute
Day 2	Run for 9 minutes	Walk for 1 minute	Run for 9 minutes	Walk for 1 minute	Run for 9 minutes	Walk for 1 minute
Day 3	Run for 9 minutes	Walk for 1 minute	Run for 10 minutes	Walk for 1 minute	Run for 9 minutes	Walk for 1 minute

YOU CAN DO IT!

