

## City of Norwich AC - Beginners' Running Programme - all sessions in minutes

Please remember to stretch and warm up / warm down as part of each session, and try not to run on consecutive days

	<b>Monday</b>	<b>Wednesday or Thursday</b>	<b>Saturday</b>
<b>Week 1</b>	Ten sets of Run 1 / Walk 1	Ten sets of Run 1 / Walk 1	Five sets of Run 2 / Walk 2
<b>Week 2</b>	Five sets of Run 3 / Walk 2	Five sets of Run 3 / Walk 2	Three sets of Run 5 / Walk 2
<b>Week 3</b>	Three sets of Run 8 / Walk 3	Three sets of Run 8 / Walk 2	Three sets of Run 8 / Walk 2
<b>Week 4</b>	Three sets of Run 12 / Walk 3	Three sets of Run 12 / Walk 3	Three sets of Run 12 / Walk 2
<b>Week 5</b>	Three sets of Run 15 / Walk 3	Three sets of Run 15 / Walk 3	Three sets of Run 15 / Walk 2
<b>Week 6</b>	Two sets of Run 20 / Walk 2	Two sets of Run 20 / Walk 2	Two sets of Run 20 / Walk 1
<b>Week 7</b>	Run 30 (yes you can)	Run 30 (should be much easier this time)	Run 30 (piece of cake)

**Please go to [www.conac.org.uk](http://www.conac.org.uk) for all the latest news & information from City of Norwich AC**