

**TRAINING PLAN FOR BEGINNER RUNNERS by Edward and George Blaha**Posted by Emily Giffin on [April 26, 2020](#)

Try to complete the time without stopping. Go as slow as you need, but try your best not to stop.

<b>Day 1</b> 5 minutes	<b>Day 2</b> Off/Walk or Cross Train	<b>Day 3</b> 10 minutes	<b>Day 4</b> Off/Walk	<b>Day 5</b> 10-15 minutes	<b>Day 6</b> Off/Walk or Cross Train	<b>Day 7</b> 12-17 minutes
<b>Day 8</b> 12-15 minutes	<b>Day 9</b> Off/Walk or Cross Train	<b>Day 10</b> 15-20 minutes	<b>Day 11</b> Off/Walk or Cross Train	<b>Day 12</b> 10-15 minutes	<b>Day 13</b> 18-23 minutes	<b>Day 14</b> Off/Walk or Cross Train
<b>Day 15</b> 15 minutes (easy pace)	<b>Day 16</b> 1 minute hard, then 2 minutes easy x 5	<b>Day 17</b> Off/Walk or Cross Train	<b>Day 18</b> 20 minutes (easy pace)	<b>Day 19</b> 20 minutes (easy pace)	<b>Day 20</b> Off/Walk or Cross Train	<b>Day 21</b> 20 -25 minutes (easy pace)