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**Skinny Ms.**

# INTRODUCTION

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Congratulations on taking the first step to becoming a seasoned runner. Running takes patience to master, and our Beginner's Running Program is designed to introduce you to running with an emphasis on both patience and on long-term goals. If you've attempted to begin a running program in the past, you know just how much of a challenge those first few weeks can be. This is a common experience among beginners, because running isn't an endeavor that offers up instant success. As with any type of fitness program, taking small steps, and building upon those steps, is the key to reaching your goals.

By week 10 of this program, you will be running 10.5 miles minimum per week. That's progress! Your weekly transition is one of the most important factors to consider when working your way through a running program. From day to day, your mileage will fluctuate, so focus on your total mileage per week. The standard for many new runners is to increase mileage by 10% each week. However, some of you will adjust differently to training. In this Beginner's Running Program, we've created a schedule for new runners and one that eases you into increased mileage.



Running is a full body activity. This program is focused on developing strength, power, and flexibility throughout your body to make each run more successful than your last. As the weeks and miles begin to add up, you'll not only notice an increase in your running distance, but you'll also see a new version of yourself in the mirror. Expect toned legs, a slimmer waistline, sleek arms, and a tighter butt. As a bonus, our Beginner's Running Program will give you a total body makeover. Time to tighten up those laces!

Before you begin this program, it's important to understand the difference between treadmill running and street running. Treadmill running is assisted, as the track pulls you back, aiding in your forward movement, making it easier to run longer distances on the treadmill than on the street. When you attempt to run the same distance on the street, you'll notice that your body may not be able to complete the planned mileage. Also take into consideration, when training for races, that races take place on the street, which you'll need to account for if you're planning on training on a treadmill. The benefits of using a treadmill are the incline and the ability to increase speeds. Depending on where you live, you may not have the option to run on hills or bridges, so the incline on a treadmill will help you to build strength in your leg muscles, allowing you to run on a flat surface at a quicker pace. Street running puts you completely in control and requires a bit more concentration and energy exertion, but results are produced more quickly. For more information, take a look at our article on [Treadmill Running vs Street Running](#).

Stretching is an important activity for runners. Since running is a full body exercise, you should focus on stretching your entire body. Our [Stretching Videos](#) will target the major muscles you'll use for running. These are perfect stretches to perform before and after your runs. During the program, your muscles will feel sore if you're working hard, and you may need a more efficient way to get rid of the kinks in your body. Foam rollers are great for removing knots and relaxing target muscles. Try our [Foam Rolling Basics: Lower Body](#) for a great workout that relieves muscle soreness quickly.

If you plan to run outdoors, be mindful of where you run and the time of day. Running early in the morning may be challenging for some, because your body has just woken up and is still in rest mode. Running later in the day is ideal because the everyday activities you perform loosen up your body, and, most importantly, your leg muscles. However, if your schedule only allows for morning runs, your body will adjust.

If running at night, be sure to wear clothing and sneakers with reflective gear, so that passing cars can see you. Try to stay on the sidewalks while running, and be mindful at intersections when crossing. Running during inclement weather can be fun for some, but be aware of the ground conditions and be sure to wear appropriate clothing to keep you as warm and dry. Also, if using headphones, place them at a reasonable volume, so that you are aware of what's going on around you. Carrying items in your hands can be burdensome. Consider purchasing a small pouch or an armband. This works well in case of emergencies and for carrying essentials such as house keys and your cell phone.

# HOW THE PROGRAM WORKS

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The Beginner's Running Program covers a 20-week span to turn you from a novice to a 5k runner, and then to a 10k competitor, and ultimately, a half marathon champion. Each week consists of 6 days of workouts, with the exception of race weeks and the weeks after races, which allow for two days of rest. The first 7 weeks focus on endurance building, starting with cardio walking (CW) for the first 3 weeks and a mix of cardio walking and running the following four weeks. Each week contains a strength training day and a cross training day. Targeting a combination of muscle groups while completing this program will allow you to sculpt a stronger body.



As a beginner, building a stronger running body is essential to developing the extra power and strength needed to push through on every run. Although running itself builds endurance and some muscle strength, resistance training is key for strength in your legs, butt, abs, and lower back. We've provided you with four strength training exercises to alternate each week. These will help to build strong legs, sturdy glute muscles, and a tight core that will support your movements and upper body. Running is a great way to lose weight, but without the balance of resistance training you could lose some of your muscle mass. Running combined with strength and resistance work will keep your body lean and strong.

Weeks 10, 13, and 20 will challenge you to race. Throughout the program, you'll begin to learn about and understand your body as you pace yourself. Add in some races and you'll bring your body to a new fitness level. Set time goals for yourself and see how well you do. In some people, competition brings out a deeper drive, so give it your all on race day.

# TRAINING TERMS DEFINED

**Strength Training (ST)** - During this program, you will strength train 1-2 times per week. Strength training is meant to strengthen designated muscles and muscle groups in key parts of your body. Stronger legs and a stronger core will result in a stronger run. These strength training days will give your legs some rest, depending on which body parts you are targeting. As your legs grow stronger weekly add more rounds to enhance your new muscle strength.

**Cardio Walk (CW)** - The first 7 weeks of the program will incorporate cardio walking. Here, you will walk at a fast pace while keeping your arms at chest level and swinging them front to back, just as when running. This is referred to as “cardio walking” because of its cardiovascular and fat burning benefits. This walk is also designed to move you progressively into running.

**Mile (M)** - The more you run, the better you'll get at it. The key to running long distances is to progressively increase your run each week. You'll be amazed at your accomplishments. This program takes you all the way to a 12-mile run. The half marathon will still present a challenge, but one that you'll be ready for.

**Run** - The first 3 weeks of this program focus on cardio walking to prepare your heart, lungs, and legs for running. The program is designed to help you succeed each week if you consistently follow the plan. Manage your pace the first 9 weeks until you find your rhythm. If you notice yourself getting tired too quickly, slow down. The more aware and in control you are of your runs, the more fun they will become.

**Rest** - You are not obligated to do any type of fitness during your rest days. As much as your body loves exercise, it loves rest as well. Take this day, relax, and recover.

**Cross Train (CT)** - Cross training incorporates various forms of exercise or a combination of one or more exercises. Some examples of cross training include aerobics, bicycling, brisk walking, jogging, skating, snow skiing, weight lifting, swimming, and walking.

Ideally, your running sneakers should be on reserve for running days. This creates a bond of appreciation for them. If possible, try to purchase specific workout shoes to support you during strength or cross training. Our [5 Tips for Choosing the Best Cross Training Shoes](#) is another great guide that gives you key information when buying gear.



# WEEK 1 - 8

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WEEK 1						
Monday <a href="#">Beginner's Leg Toning Workout</a>	Tuesday 1M CW	Wednesday 1M CW	Thursday 1.5M CW	Friday REST	Saturday 1.5M CW	Sunday 2M CW
WEEK 2						
Monday <a href="#">Beginner's Runner's Workout</a>	Tuesday 1.5M CW	Wednesday 2M CW	Thursday 2M CW	Friday REST	Saturday 2M CW	Sunday 2.5M CW
WEEK 3						
Monday <a href="#">14 Minutes To Stronger Running</a>	Tuesday 2M CW	Wednesday 2M CW	Thursday 2.5M CW	Friday REST	Saturday 2.5M CW	Sunday 3M CW
WEEK 4						
Monday <a href="#">Runner's Workout Challenge</a>	Tuesday 2 min CW 1 min RUN REPEAT 1M	Wednesday 2 min CW 1 min RUN REPEAT 1M	Thursday 2 min CW 1 min RUN REPEAT 1M	Friday REST	Saturday 3 min CW 3 min RUN REPEAT 2M	Sunday 2 min CW 4 min RUN REPEAT 3M
WEEK 5						
Monday <a href="#">Beginner's Runner's Workout</a>	Tuesday 3 min CW 5 min RUN REPEAT 1M	Wednesday 3 min CW 5 min RUN REPEAT 1M	Thursday 3 min CW 6 min RUN REPEAT 2M	Friday REST	Saturday 3 min CW 6 min RUN REPEAT 2M	Sunday 1M RUN
WEEK 6						
Monday <a href="#">14 Minutes To Stronger Running</a>	Tuesday 2 min CW 7 min Run REPEAT 3M	Wednesday 2 min CW 7 min Run REPEAT 2M	Thursday 2 min CW 7 min Run REPEAT 3M	Friday REST	Saturday 2 min CW 7 min Run REPEAT 3M	Sunday 1.5 M RUN
WEEK 7						
Monday <a href="#">Beginner's Leg Toning Workout</a>	Tuesday 2 min CW 6 min Run REPEAT 3M	Wednesday 3 min CW 7 min Run REPEAT 3M	Thursday 3 min CW 8 min Run REPEAT 3M	Friday REST	Saturday 3 min CW 8 min Run REPEAT 3M	Sunday 1.5 M RUN
WEEK 8						
Monday <a href="#">Runner's Workout Challenge</a>	Tuesday 1M RUN	Wednesday 2M RUN	Thursday 2.5M RUN	Friday REST	Saturday 2M RUN	Sunday 2M RUN

## CROSS TRAINING WORKOUTS

[Boxing Your Way to Sexier Arms & Legs](#)

[Tired of the Treadmill? Here are 6 Alternative Cardio Workouts!](#)

[11 Quick Cardio Workouts](#)

[Do-Anywhere Cardio Workout Challenge](#)

[H.I.I.T. Your Back Workout](#)

[Killer Circuit Bootcamp](#)

[Melt Fat in Minutes with this HIIT Routine](#)

[Jump Rope Tabata Challenge](#)

[15 Minute Fat Burning Boot Camp](#)

[Torch Fat in 20 Minutes Flat](#)

[Weekend Boot Camp Blast!](#)

