

Progressive Push Up and Sit Up Program

Complete one set of sit ups or push ups for the amount of time indicated for the weeks noted. Try to complete the program at least three days a week.

Example: Complete On Monday/Wednesday/Friday:

WEEKS 1-4 3 Sets of Sit Ups

- 1 set for 20 seconds (*then rest for about 1 minute*)
- 1 set for 15 seconds (*then rest for about 1 minute*)
- 1 set for 10 seconds (*then rest for about 1 minute*)

3 Sets of Push Ups

- 1 set for 20 seconds (*then rest for about 1 minute*)
- 1 set for 15 seconds (*then rest for about 1 minute*)
- 1 set for 10 seconds (*then rest for about 1 minute*)

WEEKS 5-8 3 Sets of Sit Ups

- 1 set for 25 seconds (*then rest for about 1 minute*)
- 1 set for 15 seconds (*then rest for about 1 minute*)
- 1 set for 10 seconds (*then rest for about 1 minute*)

3 Sets of Push Ups

- 1 set for 25 seconds (*then rest for about 1 minute*)
- 1 set for 15 seconds (*then rest for about 1 minute*)
- 1 set for 10 seconds (*then rest for about 1 minute*)

Preparation for the 1.5 Mile Run

Sample 8-week beginning runner's training program

The training plan that follows is designed to get you to the point where you can run 30 minutes (about 2 miles) at a slow, relaxed pace. It's a simple, progressive program that begins with more walking than running, and gradually evolves into more running than walking. Once you are able to run 2 miles nonstop, you can decide on your next goal. You might simply want to continue running 2 miles at a time, three or four days per week.

Don't be intimidated by this program. The first 2 miles are the hardest 2 miles you will ever run. Once you have reached this level of fitness, it's relatively easy to do more. You simply have to budget the time, and be patient and disciplined in your training.

Here are three key points to consider before you begin the 8-Week Program.

You should be in good health before you consider starting any exercise regimen and consult a doctor if you are in doubt.

1. Schedule your workouts. You won't find time for them unless you make time for them.
2. Expect bad days. Everyone has them, but they pass quickly, and the next workout is often better than the previous one. So stick with the program.
3. Don't rush. In the fitness world, rushing leads to injuries and discouragement. Be patient, and go slow. The goal is to reach 30 minutes of continuous running, not to set any records getting there.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Run & Walk Run 1 min. Walk 2 min. Repeat 10x	Walk Walk easy 30 min.	Run & Walk Run 1 min. Walk 2 min. Repeat 10x	Walk Walk easy 30 min.	Run & Walk Run 1 min. Walk 2 min. Repeat 10x	Run & Walk Run 1 min. Walk 2 min. Repeat 10x	Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	Run & Walk Run 2 min. Walk 1 min. Repeat 10x	Walk Walk easy 30 min.	Run & Walk Run 3 min. Walk 1 min. Repeat 7x	Walk Walk easy 30 min.	Run & Walk Run 4 min. Walk 1 min. Repeat 6x	Run & Walk Run 4 min. Walk 1 min. Repeat 6x	Rest



Preparation for the 1.5 Mile Run:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	Run & Walk Run 5 min. Walk 1 min. Repeat 5x	Walk Walk easy 30 min.	Run & Walk Run 5 min. Walk 1 min. Repeat 5x	Walk Walk easy 30 min.	Run & Walk Run 6 min. Walk 1 min. Repeat 4x	Run & Walk Run 6 min. Walk 1 min. Repeat 4x	Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	Run & Walk Run 8 min. Walk 1 min. Repeat 3x	Walk Walk easy 30 min.	Run & Walk Run 9 min. Walk 1 min. Repeat 3x	Walk Walk easy 30 min.	Run & Walk Run 10 min. Walk 1 min. Repeat 2x	Run & Walk Run 11 min. Walk 1 min. Repeat 2x	Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	Run & Walk Run 12 min. Walk 1 min. Repeat 2x Run 4 min.	Walk Walk easy 30 min.	Run & Walk Run 13 min. Walk 1 min. Repeat 2x Run 2 min.	Walk Walk easy 30 min.	Run & Walk Run 14 min. Walk 1 min. Repeat 2x	Run & Walk Run 15 min. Walk 1 min. Run 14 min.	Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6	Run & Walk Run 16 min. Walk 1 min. Run 13 min.	Walk Walk easy 30 min.	Run & Walk Run 17 min. Walk 1 min. Run 12 min.	Walk Walk easy 30 min.	Run & Walk Run 18 min. Walk 1 min. Run 11 min.	Run & Walk Run 19 min. Walk 1 min. Run 10 min.	Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Run & Walk Run 20 min. Walk 1 min. Run 9 min.	Run & Walk Run 20 min. Walk 1 min. Run 9 min.	Run & Walk Run 22 min. Walk 1 min. Run 7 min.	Walk Walk easy 30 min.	Run & Walk Run 24 min. Walk 1 min. Run 5 min.	Run & Walk Run 26 min. Walk 1 min. Run 3 min.	Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	Run & Walk Run 27 min. Walk 1 min. Repeat 3x Run 2 min.	Run & Walk Run 20 min. Walk 1 min. Run 9 min.	Run & Walk Run 28 min. Walk 1 min. Run 1 min.	Walk Walk easy 30 min.	Run & Walk Run 29 min. Walk 1 min.	Run & Walk Run 30 min.	Rest