



PennState Behrend

Greg Cooper '01, '06 Behrend Track & Field and Cross Country Head Coach Beginner's Running Guide



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	20-30 Minutes: Jog 2 minutes, walk 3 minutes, Repeat. Finish with plank hold, crunches, and pushups	20-30 Minutes: Jog 2 minutes, walk 3 minutes, repeat. Finish with mason twists, 6" hold, and dips.	Just go for a walk!	20-30 Minutes: Jog 2 minutes, walk 3 minutes, repeat. Finish with plank hold, crunches, and pushups	20-30 Minutes: Jog 2 minutes, walk 3 minutes, repeat. Finish with mason twists, 6" hold, and dips.	Just go for a walk!	20-30 Minutes: Jog 2:30 minutes, walk 2:30 mins, repeat. Finish with plank hold, crunches, and pushups
Week 2	20-30 Minutes: Jog 2:30 minutes, Walk 2:30 mins, Repeat. Finish with mason twists, 6" hold, and dips.	Just go for a walk!	20-30 Minutes: Jog 2:30 minutes, walk 2:30 mins, repeat. Finish with plank hold, crunches, and pushups	20-30 Minutes: Jog 2:30 minutes, walk 2:30 mins, repeat. Finish with mason twists, 6" hold, and dips.	Just go for a walk!	20-30 Minutes: Jog 2:30 minutes, walk 2:30 mins, repeat. Finish with plank hold, crunches, and pushups	20-30 Minutes: Jog 2:30 minutes, walk 2:30 mins, repeat. Finish with mason twists, 6" hold, and dips.

Everyday do something; aiming for 4-5 days of 20-30 minutes of more intense exercise.

If starting at 2 minutes jogging it too much, try less. If it's too easy, just go longer!

If you find yourself wanting more, try adding in 5-10 second sprints every few minutes.

If you get to 30 minutes without stopping and still want more, add on about 10-15% to one run each week to develop a long run.

Follow @CoachGregCooper on Instagram for more tips and free workout ideas!