

RANK BEGINNER PROGRAM (THE SCHEDULE BEFORE YOU START THE SCHEDULE)

Just starting? Intimidated? Need a script? You came to the right place. Following are a few words of wisdom for those of you who are really stepping up to the plate and taking a risk. Those of you, who have never run, never competed, have battled weight, or injury, or ennui...whatever...this, Bud's for you!

First, good shoes - go to the Runner's Shop in Rapid and have Dennis fit you. He's really good and makes bad jokes too; all for the price of a great pair of shoes.

Begin by running as long as you comfortably can, then walking to recover. Start running again when you are rested but not tempted to settle into just walking! During your walk break, step right out and swing your arms, this is not a stroll. If that's too nebulous a directive, following is a good six week schedule recommended by Runner's World: *The Complete Book of Women's Running* by Dagny Scott. It is concise, simple, and do-able. If you are ahead of this fitness curve, adjust time and distance accordingly.

Week 1: Walk 10 minutes to begin and end each 30 minute session. Alternate between walking and running for the middle 10 minutes, starting the week with running segments of a minute or less and working up to 2-minute segments.

Week 2: Walk 8 minutes to begin and end each 30- minute session. Alternate walking and jogging during the middle 14 minutes, starting the week with 2-minute jogging segments and working up to 4-minute running segments.

Goal by week's end: 4-minute running segments.

Week 3: Walk 5 minutes to begin and end each 30-minute session. Alternate walking and jogging during the middle 20 minutes, starting the week with 4-minute jogging segments and working up to 6-minute running segments.

Goal by week's end: 6-minute running segments.

Week 4: Walk a few minutes to begin. Run 7 minutes. Walk until rested. Run 7 minutes. Walk the rest of the half-hour. As the week progresses, extend the running portions by 1 minute at a time, aiming for 10-minute runs by the end of the week.

Goal by week's end: two 10-minute running segments.

Week 5: Walk 3 minutes, then run 12 minutes, then repeat. By the end of the week, walk 3 minutes, run 15 minutes, walk until rested, then run the rest of the session.

Goal by week's end: a 15-minute running segment.

Week 6: Walk 5 minutes to begin and end the workout. Run the 20 minutes in the middle. As the week progresses; cut back on the walking portion at the beginning and at the end.

Goal by week's end: 30-minutes of continuous running.

Once you've accomplished your first 30-minute run, a next logical step is to build up to running 30 minutes regularly and comfortably. For at least a few weeks, alternate your 30-minute runs with 30-minute walk/run sessions. When that feels comfortable, try running 3 days a week, but still do 1 walk/run day during the week. When you can comfortably run for 30 minutes three to five times a week, you'll be ready to take on more rigorous workouts if you'd like.