

CRR Beginner Runner Program

Date	Week	Workout 1	Workout 2	Workout 3	Notes/Misc
3/1/2025	1	Brisk 5 minute walk, then do (8) repetitions of the following: 60 seconds run; 90 seconds walk	Brisk 5 minute walk, then do (8) repetitions of the following: 60 seconds run; 90 seconds walk	Brisk 5 minute walk, then do (8) repetitions of the following: 60 seconds run; 90 seconds walk	EVERY WEEK BEGIN WITH DYNAMIC WARM UP AND END WITH COOL DOWN
3/8/2025	2	Brisk 5 minute walk, then do (6) repetitions of the following: 90 seconds run; 2 minutes walk	Brisk 5 minute walk, then do (6) repetitions of the following: 90 seconds run; 2 minutes walk	Brisk 5 minute walk, then do (6) repetitions of the following: 90 seconds run; 2 minutes walk	Examples of dynamic warm up stretches/exercises (jumping jacks, giant arm swings, butt kicks, leg lifts, leg swings)
3/15/2025	3	Brisk 5 minute walk, then do (2) repetitions of the following: 90 seconds run; 90 seconds walk; 3	Brisk 5 minute walk, then do (2) repetitions of the following: 90 seconds run; 90 seconds walk; 3	Brisk 5 minute walk, then do (2) repetitions of the following: 90 seconds run; 90 seconds walk; 3	Examples of cool down stretches (reach up high, touch toes, side lunges, walk on tiptoes 10 steps forward and 10 steps backward, calf stretch using curb)
3/22/2025	4	Brisk 5 minute walk, then do: 3 minutes run; 90 seconds walk; 5 minutes run; 2-1/2 minutes walk; 3 minutes run: 90	Brisk 5 minute walk, then do: 3 minutes run; 90 seconds walk; 5 minutes run; 2-1/2 minutes walk; 3 minutes run: 90	Brisk 5 minute walk, then do: 3 minutes run; 90 seconds walk; 5 minutes run; 2-1/2 minutes walk; 3 minutes run: 90	*as you end on a run please walk for a minimum of 3 minutes but feel free to walk as long as you feel you need or have time for. You will want to use this time to bring your heart rate back down and steady your breathing.

3/29/2025	5	Brisk 5 minute walk, then do: 5 minutes run; 3 minutes walk; 5 minutes run; 3 minutes walk; 5 minutes run*	Brisk 5 minute walk, then do: 8 minutes run; 5 minutes walk; 8 minutes run*	Brisk 5 minute walk, then do: 20 minute run*	*as you end on a run please walk for a minimum of 3 minutes but feel free to walk as long as you feel you need or have time for. You will want to use this time to bring your heart rate back down and steady your breathing.
4/5/2025	6	Brisk 5 minute walk, then do: 5 minutes run; 3 seconds walk; 8 minutes run; 3 minutes walk; 5 minutes run*	Brisk 5 minute walk, then do: 10 minutes run; 3 minutes walk; 10 minutes run*	Brisk 5 minute walk, then do: 25 minute run*	*as you end on a run please walk for a minimum of 3 minutes but feel free to walk as long as you feel you need or have time for. You will want to use this time to bring your heart rate back down and steady your breathing.
4/12/2025	7	Brisk 5 minute walk, then do: 28 minute run*	Brisk 5 minute walk, then do: 28 minute run*	Brisk 5 minute walk, then do: 28 minute run*	*as you end on a run please walk for a minimum of 3 minutes but feel free to walk as long as you feel you need or have time for. You will want to use this time to bring your heart rate back down and steady your breathing.
4/19/2025	8	Brisk 5 minute walk, then do: 30 minute run*	Brisk 5 minute walk, then do: 30 minute run*	Brisk 5 minute walk, then do: 30 minute run*	*as you end on a run please walk for a minimum of 3 minutes but feel free to walk as long as you feel you need or have time for. You will want to use this time to bring your heart rate back down and steady your breathing.
4/26/2025	9	The Final Workout, Congratulations! Fun, timed 5k event is here!!	Stay healthy, walk, run or be active doing what you love! CRR group runs available; check website for details	CRR offers Summer and Winter FUN RUN's; check CRR website for details.	You made it and have a solid foundation to continue staying active. Feel free to reach out with questions or stay up to date from our website: colonialrunners.org
Cross training if you want to be active on your non-workout days can include walking, swimming, biking, yoga - really any activity you love doing.					