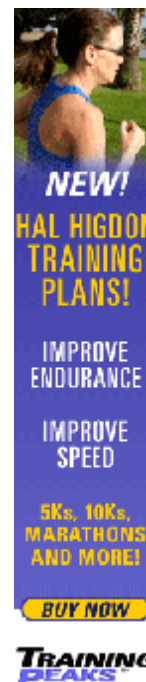


## *Hal Higdon's* BEGINNING RUNNER'S GUIDE

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**30/30 Plan:** Here's a simple 30/30 plan to get you going, featuring 30 minutes of exercise for the first 30 days. It is a routine similar to one that Chuck Cornett, a coach from Orange Park, Florida, used with beginning runners.

1. Walk out the door and go 15 minutes in one direction, turn around, and return 15 minutes to where you started: 30 minutes total.
2. For the first 10 minutes of your workout, it is obligatory that you *walk*: No running!
3. For the last 5 minutes of your workout, it is obligatory that you *walk*: Again, no running!
4. During the middle 15 minutes of the workout, you are free to jog or run--as long as you do so easily and do not push yourself.
5. Here's how to run during those middle 15 minutes: Jog for 30 seconds, walk until you are recovered, jog 30 seconds again. Jog, walk. Jog, walk. Jog, walk.
6. Once comfortable jogging and walking, adapt a 30/30 pattern: jogging 30 seconds, walking 30 seconds, etc.



Follow this 30/30 pattern for 30 days. If you train continuously (every day), you can complete this stage in a month. If you train only every other day, it will take you two months. Do what your body tells you. Everyone is different in their ability to adapt to exercise. When you're beginning, it is better to do too little than too much.

If you continue this 30/30 routine for 30 days, you will finish the month able to cover between one and two miles walking and jogging. You are now ready to progress to the next stage of your training as a beginning runner. For more information on training, check out my [5-K Training Guide](#), or consider purchasing a copy of my easy-to-read booklet, [Beginning Runner's Guide](#). The cost is only \$5.00, including postage, and it may be the best money you ever have spent.

<a href="#">Introduction</a>
<a href="#">Physical</a>

<a href="#">Examination</a>
<a href="#">Where To Run</a>
<a href="#">Goal Setting</a>
<a href="#">30/30 Plan</a>

**Hal Higdon's 30/30 Plan is now available in an InterActive Form: [Click here!](#)**

[For more information, order a copy of Hal Higdon's Beginning Runner's Guide](#)

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