

MONTH	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	4 mile run	5 mile run	7 mile run	9 mile run
	2 mile walk, then 2 mile run/walk	2 mile walk, then 3 mile run/walk	3 mile walk, then 4 mile run/walk	4 mile walk, then 5 mile run/walk
2	3 mile run	11 mile run	3 mile run	13 mile run
	3 mile run/walk	3 mile walk, then 8 mile run/walk	3 mile run/walk	3 mile walk, then 10 mile run/walk
3	3 mile run	15 mile run	3 mile run	17 mile run
	3 mile run/walk	3 mile walk, then 12 mile run/walk	3 mile run/walk	3 mile walk, then 14 mile run/walk
4	3 mile run	20 mile run	3 mile run	23 mile run
	3 mile run/walk	3 mile walk, then 17 mile run/walk	3 mile run/walk	3 mile walk, then 20 mile run/walk
5	3 mile run	23 mile run	3 mile run	26 mile run
	3 mile run/walk	3 mile walk, then 20 mile run/walk	3 mile run/walk	3 mile walk, then 23 mile run/walk
6	6 mile run	7 mile run	Marathon	Rest and enjoy your accomplishment!
	6 mile run/walk	7 mile run/walk		

Guide For Starting Running

D Keegan



Guide For Starting Running:

Guide For Starting Running Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Guide For Starting Running**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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