

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

**Kanika Nayan**



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