MVMNTPOTENTIAL
PHYSICAL THERAPY

Your 11-Week Beginner Running Plan

Build up to running 45 minutes straight — one step at a time!

✨ Welcome to the Starting Line

You're about to kick off a journey toward strength, confidence, and cardio you didn't know you had. This plan is perfect for beginners — no experience required. The only requirement? **Show up. Consistently.**

📜 Ground Rules for the Journey

To get the most out of this program (and keep your body happy), follow these simple rules:

🚶 Start Every Workout With a Brisk 5-Minute Walk

Warm up your muscles and your mind.

🗣️ Run at a "Conversation Pace" (4/10 Effort)

You should be able to speak full sentences with a running buddy.
If you're gasping, slow it down — this is about **building endurance**, not winning a race.

RPE SCALE	
1	Nothing
2	Very Easy
3	Easy
4	Comfortable
5	Somewhat Difficult
6	Difficult
7	Hard
8	Very Hard
9	Extremely Hard
10	Maximal/Exhaustion

⏱️ Forget Pace — Focus on Showing Up

Your fitness will naturally improve **if you're consistent**. Don't stress the numbers.

📆 Run on Non-Consecutive Days

Best options: **Mon/Wed/Sat** or **Tues/Thurs/Sun**
This gives your body time to recover and rebuild.

❗ Pain is a Stop Sign, Not a Speed Bump

Muscle soreness and discomfort? Totally normal.
Sharp pain that makes you limp? Stop. Rest. Reassess.

🔁 Consistency is Your Best Friend

Try not to skip a workout. Missing a day is fine — but momentum matters.

💪 **Pro Tip:** Incorporating **strength training 2x/week** can **improve your running economy and reduce injury risk**. Think squats, lunges, planks, and calf raises!

🏃‍♀️ Here's the Plan — Let's Get After It! 🏃🏽

Week	Day 1	Total Time	Day 2	Total Time	Day 3	Total Time
Week 1	Run 1 min / Walk 2 mins × 10	35m	Run 1 min/ Walk 1 min x 15	35m	Run 2 mins/Walk 4 mins x 5	35m
Week 2	Run 2 mins / Walk 3 mins × 8	45m	Run 2 mins/ Walk 3 mins x 8	45m	Run 2 mins/Walk 2 mins x 8	37m
Week 3	Run 3 mins / Walk 3 mins × 6	41m	Run 3 mins/ Walk 3 mins x 7	47m	Run 3 mins/ Walk 2 mins x 7	40m
Week 4	Run 3 mins / Walk 1 min × 7	33m	Run 3 mins / Walk 1 min × 8	37m	Run 4 mins/ Walk 1 min x 8	45m
Week 5	Run 5 mins / Walk 1 min × 6	41m	Run 5 mins/ Walk 30 seconds x 7	42m 30s	Run 6 mins/ Walk 1 min x 6	47m
Week 6	Run 7 mins / Walk 1 min × 4	37m	Run 7 mins/ Walk 30 seconds x 5	42m 30s	Run 8 mins/ Walk 1 min x 5	50m
Week 7	Run 9 mins / Walk 1 min × 4	45m	Run 10 mins/ Walk 1 min x 4	49m	Run 10 mins/ Walk 30 seconds x 4	47m 30s
Week 8	Run 15 mins / Walk 3 mins × 2	41m	Run 15 mins/ Walk 2 mins x 2	39m	Run 15 mins/ Walk 1 min/ Run 8 mins/ Walk 1/ Run 10 mins	40m
Week 9	Run 15 mins / Walk 2 mins/ Run 15 mins	37m	Run 20 mins/ Walk 1 min/ Run 15 mins	41m	Run 25 mins/ Walk 2 mins/ Run 10 mins	42m
Week 10	Run 25 mins/ Walk 1 min /Run 10 mins	41m	Run 25 mins/ Walk 1 min/ Run 15 mins	46m	Run 30 mins/ Walk 1/ Run 10 mins	46m
Week 11	Run 15 mins/ Walk 1 min x 3	53m	Run 20 mins/ Walk 1 min x 2	47m	Run 45 mins	50m

🎉 Crossing the Finish Line

By the end of these 11 weeks, you'll be doing something most people never think they can — running **for 45 minutes straight**. It doesn't matter how fast or slow you go. What matters is that **you did it**.

Now lace up, press play on your favorite playlist, and get moving. You've got this!