

# 10-Week Kickstart Running Plan

## Hello, Runner!

Congrats on starting your running journey! Whether you're new, coming back, or chasing new goals, ProRehab is here to help you train smart, stay strong, and run injury-free. This plan takes you from walk/run intervals to a 5K (or farther if you choose). Just keep lengthening runs and shortening walk breaks.

Remember:

- If you run, you're a runner.
- Strength + mobility = fewer injuries (see our PT-approved moves).
- Know your "why" for the tough days.

Fuel well, stay hydrated, and find support with groups or apps. And if you need injury prevention, recovery, or encouragement—we've got you. Happy training!

— Your ProRehab Team

## GLOSSARY/ INSTRUCTIONS:

**All runs should begin with a dynamic warm-up and finish with static stretching/mobility.**

### **Z2 Running:**

Zone 2, approximately 4-6/10 perceived effort level and/or 70-75% max heart rate. You should be able to speak a complete sentence

### **Cross Training:**

Not running. Consider yoga, a barre class, cycling, hiking, swimming, etc.

### **Rest/Mobility:**

Either complete rest or mobility and stretching. See ProRehab's Mobility Plan or speak to your ProRehab PT or PTA for suggestions customized to you

### **Strengthening:**

See ProRehab's Strengthening Plan or speak to your ProRehab PT or PTA for suggestions customized to you

# 10-WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	<b>31 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 1 min. Z2 running with 2 min. walking – 7 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>30 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 1 min. Z2 running with 90 sec. walking – 8 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>30 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 1 min. Z2 running with 1 min. walking – 10 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 2</b>	<b>30 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 2 min. Z2 running with 2 min. walking – 5 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>31 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 2 min. Z2 running with 90 sec. walking – 6 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>31 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 2 min. Z2 running with 1 min. walking – 7 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 3</b>	<b>30 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 3 min. Z2 running with 2 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>30 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 3 min. Z2 running with 1 min. walking – 5 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>34 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 3 min. Z2 running with 1 min. walking – 6 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 4</b>	<b>34 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 4 min. Z2 running with 2 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>35 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 4 min. Z2 running with 1 min. walking – 5 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>35 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 4 min. Z2 running with 1 min. walking – 5 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 5</b>	<b>38 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 5 min. Z2 running with 2 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>38 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 5 min. Z2 running with 2 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>40 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 5-min. Z2 running with 1 min. walking – 5 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 6</b>	<b>42 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 6 min. Z2 running with 2 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>45 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 6 min. Z2 running with 1 min. walking – 5 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>45 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 6 min. Z2 running with 1 min. walking – 5 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 7</b>	<b>46 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 7 min. Z2 running with 2 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>50 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 8 min. Z2 running with 2 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>46 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 8 min. Z2 running with 1 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 8</b>	<b>43 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 9 min. Z2 running with 2 min. walking – 3 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>43 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 9 min. Z2 running with 2 min. walking – 3 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>50 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 9 min. Z2 running with 1 min. walking – 4 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 9</b>	<b>46 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 10 min. Z2 running with 2 min. walking – 3 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>43 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 10 min. Z2 running with 1 min. walking – 3 times total</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>43 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>Alternate 10 min. Z2 running with 1 min. walking – 3 times total</li><li>5-min. cool-down walk</li></ul>	Cross training 30+ min.
<b>WEEK 10</b>	<b>40 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>30 min Z2 Running</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	<b>45 minutes</b> <ul style="list-style-type: none"><li>5-minute warm-up</li><li>35 min. Z2 running</li><li>5-min. cool-down walk</li></ul>	5-10 min. Cardio warm-up & strengthening 30+ min.	Rest/Mobility	<b>RACE DAY!!!</b>	

Don't forget to tag us during your running journey!

 @ProRehabLou

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