

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

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



@ProRehabLou



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