

Beginner Training Plan – Pace Doctrine

Purpose: Build consistency, durability, and aerobic habit.

Day 1: Run 1 min / Walk 2 min – 20–25 min

Comment: Focus on relaxed form and breathing.

Day 2: Rest or Walk – 20–30 min

Comment: Recovery is part of training.

Day 3: Run 2 min / Walk 2 min – 25–30 min

Comment: Smooth rhythm, no rushing.

Day 4: Rest

Comment: Adaptation happens here.

Day 5: Easy Continuous Run – 20 min

Comment: Conversational pace only.

Day 6: Optional Cross-Training – 20–30 min

Comment: Maintain aerobic stimulus without impact.

Day 7: Long Run/Walk – 30–35 min

Comment: Time on feet matters more than pace.