



WHOLE LOVELY LIFE

RUN 3 MILES IN 3 WEEKS

the basics

YOU PICK THE DAYS

Run four days in a row, every other day or whenever you have time to squeeze a run into your schedule. Run on days when you are feeling your best! The goal is to stick to the program and run at least four times per week. You can run more than four days but four days at a minimum.

ONE DAY A WEEK TAKE YOUR RUN OUTSIDE

Either set a timer for 30 minutes or chart out 3 miles in your neighborhood or favorite park and walk, run, or do a combination of both. Don't be concerned with speed. Use this solo quiet time to enjoy your surroundings, think, or jam out to your favorite music. It's up to you!

CHALLENGE YOURSELF

If you are up to it, add an additional day by repeating any of the days from weeks 1-3. Or, create your own intervals using different speeds than the ones shown. You can also add a sprint to the end of each run by running as fast as you can for as long as you can.

the basics

CONTINUED

- If running on a TREADMILL, complete each Run/Walk Interval using the speeds listed.
- Complete intervals each day 2 TIMES for a total of 30 minutes.
- If running OUTSIDE, follow the minutes in Run/Walk Intervals at a pace that is comfortable, working to increase your speed over time.
- Warm up and cool down for 5 minutes at 3.5-5.0 mph or at a comfortable pace.
- Adjust speeds as needed for your fitness level.
- Stretch after warming up and cooling down.

WEEK 1

DAY 1

WALK

4.0 MPH FOR 4 MINUTES

RUN

4.5 MPH FOR 3 MINUTES

WALK

4.0 MPH FOR 5 MINUTES

RUN

4.5 MPH FOR 3 MINUTES

DAY 2

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.0 MPH FOR 3 MINUTES

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.0 MPH FOR 3 MINUTES

DAY 3

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.0 MPH FOR 3 MINUTES

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.0 MPH FOR 3 MINUTES

DAY 4

WALK OR RUN

3 MILES OR
30 MINUTES
OUTSIDE

WEEK 2

DAY 1

RUN

5.0 MPH FOR 5 MINUTES

RUN

5.5MSP FOR 3 MINUTES

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.0 MPH FOR 3 MINUTES

DAY 2

RUN

5.5 MPH FOR 3 MINUTES

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.5 MPH FOR 4 MINUTES

WALK

4.0 MPH FOR 4 MINUTES

DAY 3

RUN

5.0 MPH FOR 5 MINUTES

RUN

5.5 MPH FOR 3 MINUTES

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.5 MPH FOR 3 MINUTES

DAY 4

WALK OR RUN

3 MILES OR
30 MINUTES
OUTSIDE

WEEK 3

DAY 1

RUN

5.5 MPH FOR 3 MINUTES

RUN

6.0 MPH FOR 3 MINUTES

WALK

4.0 MPH FOR 4 MINUTES

RUN

5.5 MPH FOR 5 MINUTES

DAY 2

RUN

5.5 MPH FOR 3 MINUTES

RUN

6.0 MPH FOR 5 MINUTES

WALK

5.0 MPH FOR 3 MINUTES

RUN

6.0 MPH FOR 4 MINUTES

DAY 3

RUN

6.0 MPH FOR 4 MINUTES

RUN

5.5 MPH FOR 5 MINUTES

RUN

6.0 MPH FOR 4 MINUTES

RUN

6.5 MPH FOR 2 MINUTES

DAY 4

WALK OR RUN

3 MILES OUTSIDE



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