

Program Name:

Walk-to-Run: Your Journey to Running

Program Goals:

- Transition safely from walking to running.
- Build stamina and endurance progressively.
- Improve cardiovascular health and overall fitness.
- Provide a sense of accomplishment by achieving running milestones.

Program Highlights:

1. **Starting as a Walker:**
 - Learn techniques for proper walking form and posture.
 - Establish a base of endurance with brisk walking.
2. **Gradual Progression:**
 - Transition from walking to running with calculated intervals.
 - Increase running time while reducing walking time each week.
3. **Safety and Comfort:**
 - Warm-ups and cool-downs to prevent injury.
 - Guidelines for hydration, pacing, and listening to your body.
4. **Encouragement and Motivation:**
 - Weekly goals and achievements.
 - Tips for staying consistent and overcoming challenges.

Tips for Success:

- **Invest in Proper Shoes:** Ensure adequate cushioning and support for running.
- **Stay Hydrated:** Drink water before and after workouts.
- **Stretch Regularly:** Focus on calves, hamstrings, and hip flexors.
- **Listen to Your Body:** Rest if you feel pain or excessive fatigue.

For Details and Timeline:

Want to know the step-by-step path to go from walking to running? **This journey is tailored just for you!**

Discover the complete timeline, personalized milestones, and all the insider tips to make your transition safe and enjoyable.

Let's Talk:

Come see me for a detailed plan and let's start your transformation today!