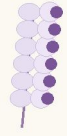


Realistic Beginner Running Plan



For Women Over 50

Week 1 Build Trust

RUN/WALK

Run 30 sec / Walk 90 sec
2 days

WALKING

1 easy walk

STRENGTH

Optional

REMINDER

Just show up

Week 2 Build Confidence

RUN/WALK

Increase only if ready

WALKING

1 easy walk

STRENGTH

Optional

REMINDER

Your body gets a vote

Week 3 Build Consistency

RUN/WALK

Slightly longer intervals

WALKING

1 easy walk

STRENGTH

1 short session

REMINDER

Nothing fancy

Week 4 Listen to Your Body

RUN/WALK

Repeat Week 3

WALKING

Longer walk if ready

STRENGTH

1 short session

REMINDER

Recovery is training

Week 5 Celebrate Progress

RUN/WALK

Continue gently

WALKING

1-2 walks

STRENGTH

1-2 sessions

REMINDER

Look how far you've come

**Walking isn't punishment.
Walking isn't failure.
Walking is training.**