

Walk to Run Protocol



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Many trainees who join the TNT running community are new to running. The goal of completing a 5K, 10K, half marathon or marathon can be daunting to anyone, but particularly to a non-runner. Using a walk to run approach at the beginning of training can be a wonderful way start on the path to becoming a runner and accomplishing your ultimate goal.

A walk to run approach begins with walks, transitions to walk and run intervals, and ultimately (and optionally) to a continuous run. Early in the training, run intervals are short. Each week, the run intervals increase in duration as the walk intervals decrease in duration.

The keys to successfully transitioning from walk to run are:

1. **Start Short.** If you are not currently exercising, start with 10-30 minute walks 3-5 times each week for at least two weeks. Then, once you are ready to get started layering in running intervals, pick a run interval which is short enough to complete easily. i.e., you should be able to feel like you can continue running past the interval length.
2. **Build Slowly.** Follow the same run/walk interval format for 2-3 runs (or more) prior to progressing to the next interval. The idea is to feel very comfortable with the run times before adding more time.
3. **Keep It Comfortable.** The run intervals should be done at a comfortable conversation pace. Walk intervals should be done as brisk walks. The walk breaks will help the heart rate and muscles recover in between run segments.

TIP: It really helps to have a pre-programmed timer, so that you just needs to listen to the beeps!

Walk/Run

Walk to Run Protocol



Set forth below is a recommended walk to run protocol. This protocol is incorporated as an option in all of the Beginner Training programs.

TNT WALK TO RUN PROTOCOL

Week 1

1 minute run/1 minute walk

Week 2

2 minute run/1 minute walk

Week 3

3 minute run/1 minute walk

Week 4

3 minute run/1 minute walk

Week 5

4 minute run/1 minute walk

Week 6

4:15 minute run/0:45 minute walk

Week 7

4:30 minute run/0:30 minute walk

Week 8

20 minute continuous run

*Begin each Run/Walk Session with a 5 minute walk, gradually increasing pace. Finish each Run/Walk Session with a 5 minute easy walk.

If these intervals are too long, back it down and slowly increase the run interval length and/or decrease the walk interval length. You may decide to continue with a run/walk approach for the duration of your training and on race day. Pick the interval that works with you and stick with it!