

# N2R

## NONE TO RUN

### **12-WEEK BEGINNER PLAN**

- LEARN TO RUN FOR 25 MINUTES STRAIGHT
- BUILD YOUR STRENGTH
- STAY INJURY FREE

DESIGNED BY A CERTIFIED RUNNING COACH

**YOU'RE A RUNNER.**



The world is full of running plans and guides that are just "too hard" and aren't designed with beginners in mind.

**None to Run's 12-week Beginner Plan** was built to help beginners, not drag them down.

With simple intervals and essential strength routines, our plan will take you from **zero** to running comfortably for **25 minutes straight**. It doesn't matter how fast you run or even how far you get – it's all about progressing slowly and building momentum.

Twelve weeks from today, you'll be a runner. And then you'll be a runner for life!

## HOW IT WORKS

Each week, you'll perform three identical running workouts. You'll also complete two simple strength and mobility routines. Don't worry - there's no equipment needed.

Beside each week's workout you'll find checkboxes to help you track your progress:



## WHO IS THIS PLAN FOR?

**None to Run (N2R)** is for *real* beginner runners. If you can't run for more than 10-minutes without stopping to catch your breath, this plan will work well for you.

Other popular 'beginner' plans can be too aggressive - they progress too quickly (leading to burnout), and don't emphasize strength training (leading to injury). If you've struggled to start running or don't know where to start, **N2R** is for you.

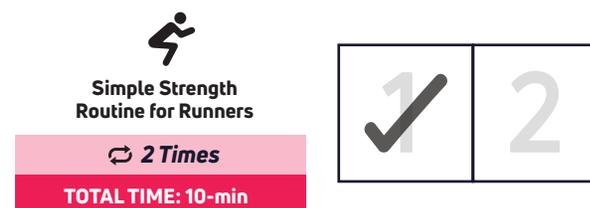
Want to know more about how **N2R** is different? [Check out the breakdown on our blog.](#)

## WHEN TO RUN

You can do your workouts any day (or time), outside or on a treadmill - just **never run two days in a row**.

A rest day in between is essential for beginners to help reduce the chances of injury and to allow the body to get the rest it needs.

Read more: [The Importance of Progressing Slower Than You Think You Need To](#)



## RUN FOR TIME, NOT DISTANCE

When you're just starting as a runner, **your body doesn't know how far you ran** - it only knows that you were on your feet for a certain time.

Yet many beginner runners often feel pressure to cover a certain distance in a specific time when just starting out. This creates poor running habits that can lead to **burnout, injury and less enjoyment**. That's why **N2R workouts are structured by time, not distance**.

## REPEAT WEEKS WHEN NEEDED

If a particular week was too challenging, listen to your body and repeat the week before moving to the next.

But keep in mind that a couple of weeks of the program are **already repeated** to help you progress at a sustainable (and enjoyable) level.

Learn more: [When Should I Repeat a Week of None to Run?](#)

## DON'T SKIP THE STRENGTH WORKOUTS

Targetted strength training is important to prevent injury.

The **weekly strength workouts** can be performed any day, even after a run (but **not immediately before**).

## DON'T LET WEEK 10 PSYCH YOU OUT

While the step up from week 9 to week 10 may seem like a big jump on paper, it's not as daunting as it looks.

In Week 9 of N2R, you're walking for 5 minutes (warm-up) and then performing a run/walk for 25 minutes. Total time = 30 minutes.

In Week 10, you're walking for 5 minutes and then running for 20 minutes.

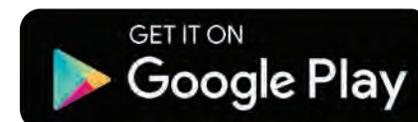
For 9 weeks, you've been building up strength and endurance and are already accustomed to 30 minutes total time on your feet.

Focus more on the total time on your feet instead of solely running time! One of the **N2R Facebook community** members said it perfectly:

*"Your body is ready to run for 20 minutes; it's just getting your brain on board!"*

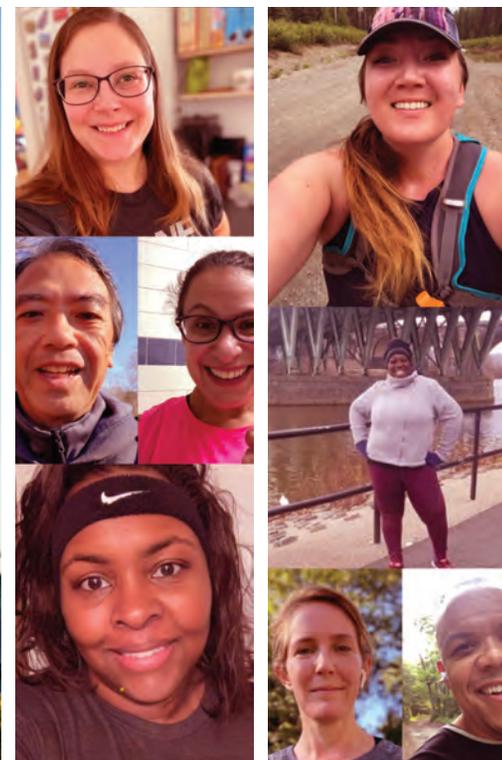
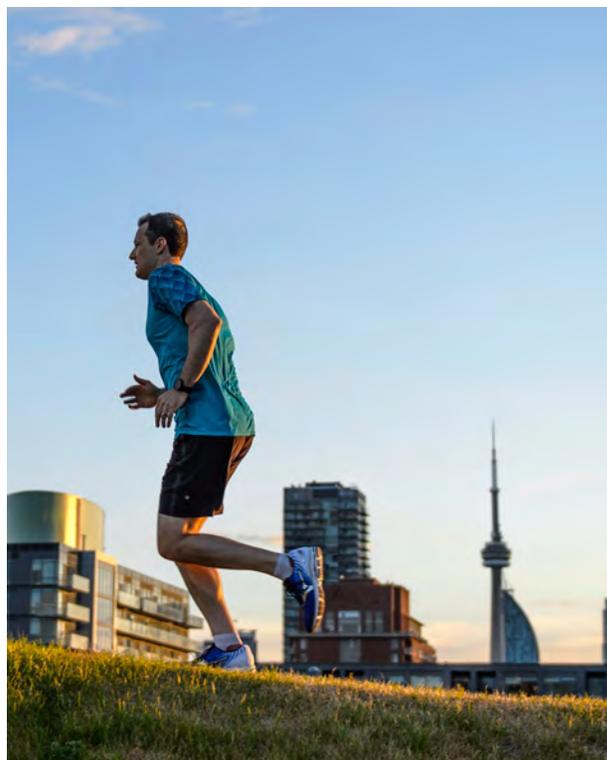
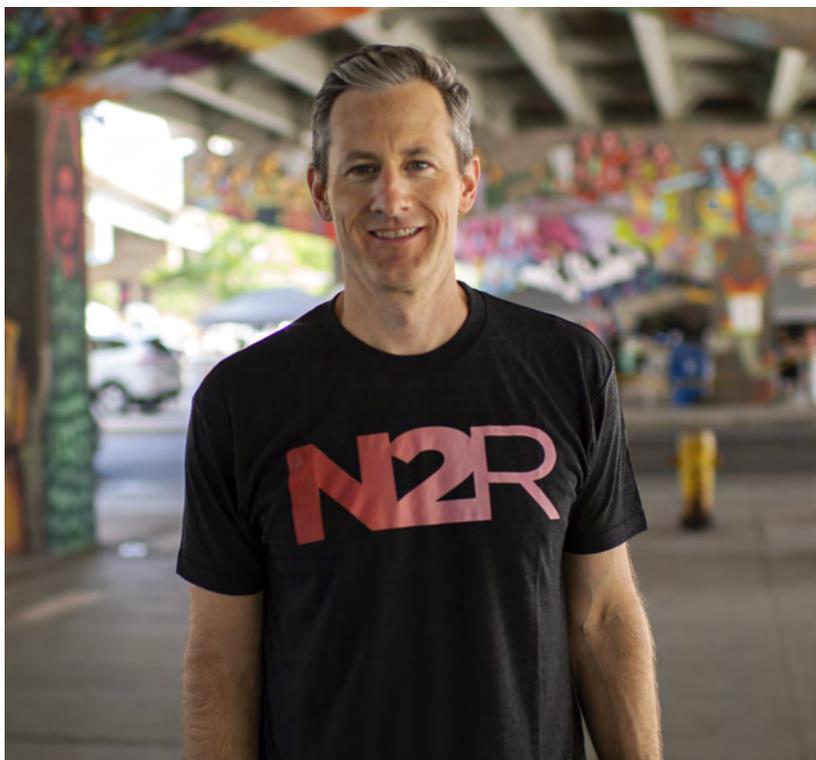
## MAKE LIFE EASY - GET THE APP

Time your intervals, log runs, see your stats, and share your success with the **N2R app** for iPhone and Android.



# RUNNING DOESN'T HAVE TO BE HARD.

# N2R



## MEET MARK KENNEDY, N2R FOUNDER

Hey, I'm Mark. I'm an RRCA Certified Distance Running Coach with a background in Kinesiology. I'm also a proud Canadian and dad of two active boys.

Ten years ago, I created **None to Run** as a blog and personal outlet to stay in touch with my passion for exercise science and healthy living. I wanted to help people get moving, realize their goals, and become runners for life.

Since then, **None to Run** has grown into a thriving community of runners, a podcast and an app.

We've been featured in places like The Globe and Mail, CBC News, SELF, Canadian Running Magazine, The London Times, Bustle Magazine and more.

My aim is to help you get started safely and finally start to enjoy running.

You can connect with me (and thousands of other runners) in the **N2R online community**, or send me your questions at [mark@nonetorun.com](mailto:mark@nonetorun.com).

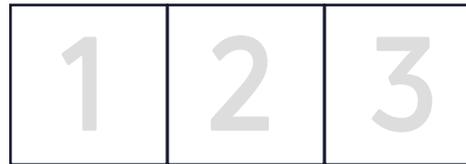
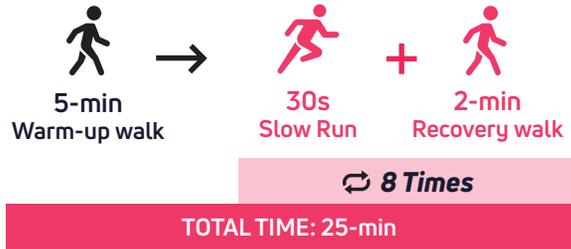
### RUNNING WORKOUT

### TRACK IT ✓

### STRENGTH WORKOUT

### TRACK IT ✓

WEEK  
**1**



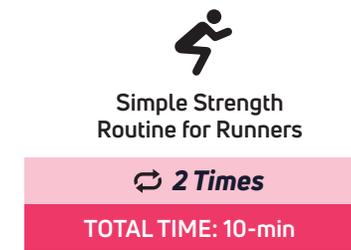
TIP: Repeat weeks when it feels right



WEEK  
**2**



TIP: Take it slow to avoid injury



WEEK  
**3**



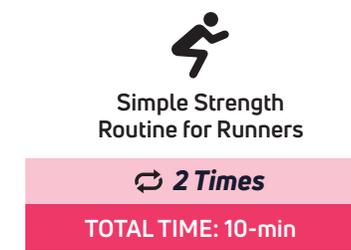
TIP: If you can't talk, you're going too fast



WEEK  
**4**



TIP: Stamina is mental and physical



### RUNNING WORKOUT

### TRACK IT ✓

### STRENGTH WORKOUT

### TRACK IT ✓

WEEK  
**5**

 → 
  90s Slow Run + 
  1-min Recovery walk

 10 Times

**TOTAL TIME: 30-min**

1	2	3
---	---	---

**TIP:** Some runs will feel great, others hard



IT Band Routine

 2 Times

**TOTAL TIME: 10-min**

1	2
---	---

WEEK  
**6**

 → 
  90s Slow Run + 
  1-min Recovery walk

 10 Times

**TOTAL TIME: 30-min**

1	2	3
---	---	---

**TIP:** No matter your pace, you're a runner



IT Band Routine

 2 Times

**TOTAL TIME: 10-min**

1	2
---	---

WEEK  
**7**

 → 
  2-min Slow Run + 
  30s Recovery walk

 10 Times

**TOTAL TIME: 30-min**

1	2	3
---	---	---

**TIP:** The best time to run is whenever you can



IT Band Routine

 2 Times

**TOTAL TIME: 10-min**

1	2
---	---

WEEK  
**8**

 → 
  2-min Slow Run + 
  30s Recovery walk

 10 Times

**TOTAL TIME: 30-min**

1	2	3
---	---	---

**TIP:** Stay safe when you run



7-minute Strength Workout for Runners

 2 Times

**TOTAL TIME: 14-min**

1	2
---	---

### RUNNING WORKOUT

### TRACK IT ✓

### STRENGTH WORKOUT

### TRACK IT ✓

WEEK  
**9**

5-min Warm-up walk → 5-min Slow Run + 2-min Recovery walk

↻ 4 Times

**TOTAL TIME: 33-min**

1	2	3
---	---	---

**TIP:** Aim for consistency, not perfection



7-minute Strength Routine for Runners

↻ 2 Times

**TOTAL TIME: 14-min**

1	2
---	---

WEEK  
**10**

5-min Warm-up walk → 20-min Slow Run

**TOTAL TIME: 25-min**

1	2	3
---	---	---

**TIP:** You're stronger than you think



7-minute Strength Routine for Runners

↻ 2 Times

**TOTAL TIME: 14-min**

1	2
---	---

WEEK  
**11**

5-min Warm-up walk → 22-min Slow Run

**TOTAL TIME: 27-min**

1	2	3
---	---	---

**TIP:** The more you run, the more efficient you get



7-minute Strength Routine for Runners

↻ 2 Times

**TOTAL TIME: 14-min**

1	2
---	---

WEEK  
**12**

5-min Warm-up walk → 25-min Slow Run

**TOTAL TIME: 30-min**

1	2	3
---	---	---

**TIP:** Celebrate your accomplishments!



7-minute Strength Routine for Runners

↻ 2 Times

**TOTAL TIME: 14-min**

1	2
---	---