

N2R

NONE TO RUN

RUN READY PLAN

- START YOUR RUNNING JOURNEY
- BUILD YOUR STRENGTH
- RETURNING FROM INJURY



DESIGNED BY A CERTIFIED RUNNING COACH

YOU'RE A RUNNER.

GET YOUR BODY READY TO RUN!



RUN READY: YOUR FIRST STEP TO BECOMING A RUNNER

Welcome to the Run Ready Plan! This is your first step toward becoming the runner you've always wanted to be. Whether you're looking to reintroduce movement into your routine or take the first strides toward a healthier, more active you, this plan starts where you're at.

Over the next few weeks, you'll build confidence, strength, and endurance through a gentle progression of walking, short bouts of running, and foundational strength exercises.

By the end of this plan, you'll be ready to start the 12-week None to Run beginner runner plan, feeling stronger, more confident, and excited about your journey.

HOW IT WORKS

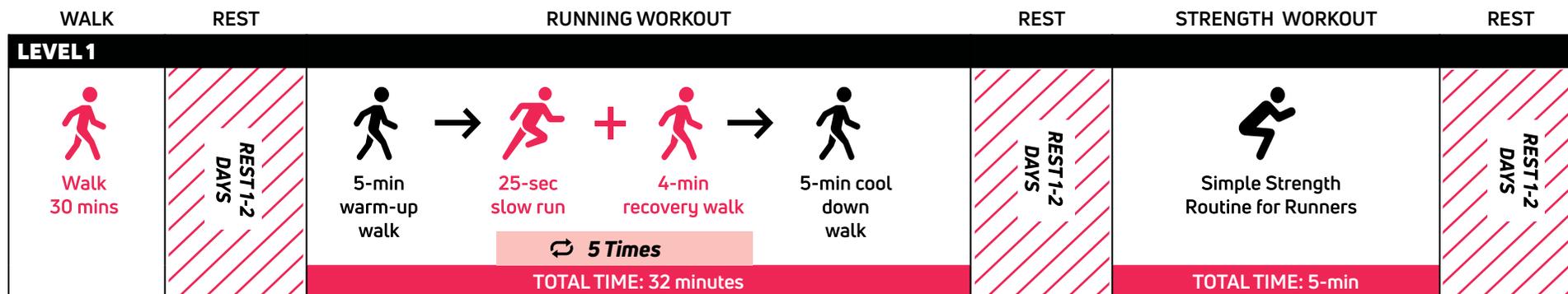
Coach Mark Kennedy created the Run Ready Plan to meet you where you're at, with a gradual build-up over four levels.

Each level includes:

- **Walking:** Building endurance and confidence with 30-minute walks
- **Short Running Intervals:** Slowly introducing running with manageable intervals
- **Strength Work:** A simple routine to build a solid foundation and prevent injury
- **Rest Days:** Time to recover and let your body adapt

Each level takes a minimum of 6 days and a maximum of 9 days to complete. This allows ample flexibility to recover and accommodate your busy life.

And, of course, you can repeat levels as you see necessary. This plan empowers you to listen to your body and adjust as needed.



WHO IS THIS PLAN FOR?

Run Ready is for anyone who:

- Is just starting to incorporate movement into their life and wants to be a “runner”
- Finds a 30-minute walk to be a challenge
- Is returning to running after an injury (be sure to get approval from a medical professional first)
- Wants a gradual, supportive way to begin running
- Is looking to feel stronger, more confident, and capable
- Cares about creating sustainable habits for long-term success

Imagine yourself a few weeks from now: proud, accomplished, and ready to tackle bigger goals.

This plan is the beginning of your running journey

WORKOUT TYPES

Walking

Walking forms the foundation of the plan. It helps you develop endurance and improves cardiovascular fitness, all while having less impact on your joints. Begin with 30-minute walks to get comfortable moving consistently.

Run/Walk Intervals

Short, slow runs followed by recovery walks gradually introduce running. The intervals help your body adapt to running without overwhelming you.

Strength Exercises

Incorporating simple strength routines will help prevent injuries and prime your muscles for running. No equipment is required; you can knock off these routines in less than 15 minutes.

Rest Days

Rest is as essential as the workouts. It allows your body to recover and get stronger.

If you're feeling tired or sore after a particular day in the plan, utilize the extra rest days when needed.

Walking is already an important part of the Run Ready Plan, but we encourage you to add more walking on your rest days, or try activities like swimming, yoga, or biking. Staying active on your rest days will support your progress and keep you feeling great.

RECOMMENDED RESOURCES

- [Evidence-based Tips to Start \(and Stick With\) Running](#)
- [You Belong](#)
- [The Importance of Progressing Slower Than You Think You Need To](#)
- [Join our online community for support and tips from other beginners](#)

MAKE LIFE EASY, GET THE APP





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 an app, resource and community for beginner runners.

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.

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*Each level takes between 6-9 days depending on how many rest days you take



WALK	REST	RUNNING WORKOUT	REST	STRENGTH WORKOUT	REST
LEVEL 1					
<p>Walk 30 mins</p>	<p>REST-1-2 DAYS</p>	<p>5-min warm-up walk</p> <p>25-sec slow run</p> <p>4-min recovery walk</p> <p>5-min cool down walk</p> <p>5 Times</p> <p>TOTAL TIME: 32 minutes</p>	<p>REST-1-2 DAYS</p>	<p>Simple Strength Routine for Runners</p> <p>TOTAL TIME: 5-min</p>	<p>REST-1-2 DAYS</p>
LEVEL 2					
<p>Walk 30 mins</p>	<p>REST-1-2 DAYS</p>	<p>5-min warm-up walk</p> <p>25-sec slow run</p> <p>4-min recovery walk</p> <p>5-min cool down walk</p> <p>5 Times</p> <p>TOTAL TIME: 32 minutes</p>	<p>REST-1-2 DAYS</p>	<p>Simple Strength Routine for Runners</p> <p>TOTAL TIME: 5-min</p>	<p>REST-1-2 DAYS</p>
LEVEL 3					
<p>Walk 30 mins</p>	<p>REST-1-2 DAYS</p>	<p>5-min warm-up walk</p> <p>30-sec slow run</p> <p>3-min recovery walk</p> <p>5-min cool down walk</p> <p>5 Times</p> <p>TOTAL TIME: 27.5 minutes</p>	<p>REST-1-2 DAYS</p>	<p>Simple Strength Routine for Runners</p> <p>2 Times</p> <p>TOTAL TIME: 10-min</p>	<p>REST-1-2 DAYS</p>
LEVEL 4					
<p>Walk 30 mins</p>	<p>REST-1-2 DAYS</p>	<p>5-min warm-up walk</p> <p>30-sec slow run</p> <p>3-min recovery walk</p> <p>5-min cool down walk</p> <p>5 Times</p> <p>TOTAL TIME: 27.5 minutes</p>	<p>REST-1-2 DAYS</p>	<p>Simple Strength Routine for Runners</p> <p>2 Times</p> <p>TOTAL TIME: 10-min</p>	<p>REST-1-2 DAYS</p>