



American Running Association's 12-Week Walk/Run Program



WEEK	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
1	Walk 15 min	[Walk 5 min Run 1 min] Repeat 1x Walk 5 min	Walk 15 min	[Walk 5 min Run 1 min] Repeat 1x Walk 5 min	Walk 15 min	[Walk 5 min Run 1 min] Repeat 1x Walk 5 min	REST
2	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 3 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 3 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 3 min] Repeat 1x Walk 5 min	REST
3	Walk 15 min Run 1 min Walk 2 min	[Walk 6 min Run 4 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 6 min Run 4 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 6 min Run 4 min] Repeat 1x Walk 5 min	REST
4	Walk 15 min Run 1 min Walk 2 min	[Walk 3 min Run 2 min] Repeat 5x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 3 min Run 2 min] Repeat 5x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 3 min Run 2 min] Repeat 5x Walk 5 min	REST
5	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 5 min] Repeat 3x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 5 min Run 5 min] Repeat 3x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 5 min Run 5 min] Repeat 3x Walk 5 min	REST
6	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	REST
7	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 5 min Run 10 min Walk 5 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 5 min Run 10 min Walk 5 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	REST
8	Walk 30 min	[Walk 2 min Run 1 min] Repeat 9x Walk 5 min	Walk 5 min Run 15 min Walk 5 min	[Walk 2 min Run 1 min] Repeat 9x Walk 5 min	Walk 5 min Run 15 min Walk 5 min	[Walk 2 min Run 1 min] Repeat 9x Walk 5 min	REST
9	Walk 30 min	[Walk 1 min Run 30 sec] Repeat 20x Walk 5 min	Walk 5 min Run 20 min Walk 5 min	[Walk 1 min Run 30 sec] Repeat 20x Walk 5 min	Walk 5 min Run 20 min Walk 5 min	[Walk 1 min Run 30 sec] Repeat 20x Walk 5 min	REST
10	Walk 5 min Run 20 min Walk 5 min	Walk 15 min	Walk 5 min Run 20 min Walk 5 min	Walk 15 min	Walk 5 min Run 20 min Walk 5 min	Walk 15 min	REST
11	Walk 5 min Run 25 min Walk 5 min	Walk 15 min	Walk 5 min Run 25 min Walk 5 min	Walk 15 min	Walk 5 min Run 25 min Walk 5 min	Walk 15 min	REST
12	Walk 5 min Run 30 min Walk 5 min	Walk 15 min	Walk 5 min Run 30 min Walk 5 min	Walk 15 min	Walk 5 min Run 30 min Walk 5 min	Walk 15 min	REST



Programa de 12 semanas para Caminar/correr de Asociaciones Americanas de Corredores



SEMANA	Primer Dia	Segundo Dia	Tercer Dia	Cuarto Dia	Quinto Dia	Sexto Dia	Septimo Dia
1	Caminar 15 min	[Caminar 5 min Correr 1 min] Repetir 1x Caminar 5 min	Caminar 15 min	[Caminar 5 min Correr 1 min] Repetir 1x Caminar 5 min	Caminar 15 min	[Caminar 5 min Correr 1 min] Repetir 1x Caminar 5 min	Descansar
2	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 5 min Correr 3 min] Repetir 1x Caminar 5 min	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 5 min Correr 3 min] Repetir 1x Caminar 5 min	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 5 min Correr 3 min] Repetir 1x Caminar 5 min	Descansar
3	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 6 min Correr 4 min] Repetir 1x Caminar 5 min	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 6 min Correr 4 min] Repetir 1x Caminar 5 min	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 6 min Correr 4 min] Repetir 1x Caminar 5 min	Descansar
4	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 3 min Correr 2 min] Repetir 5x Caminar 5 min	Caminar 15 min Correr 2 min Caminar 4 min	[Caminar 3 min Correr 2 min] Repetir 5x Caminar 5 min	Caminar 15 min Correr 2 min Caminar 4 min	[Caminar 3 min Correr 2 min] Repetir 5x Caminar 5 min	Descansar
5	Caminar 15 min Correr 1 min Caminar 2 min	[Caminar 5 min Correr 5 min] Repetir 3x Caminar 5 min	Caminar 15 min Correr 2 min Caminar 4 min	[Caminar 5 min Correr 5 min] Repetir 3x Caminar 5 min	Caminar 15 min Correr 2 min Caminar 4 min	[Caminar 5 min Correr 5 min] Repetir 3x Caminar 5 min	Descansar
6	Caminar 30 min	[Caminar 4 min Correr 6 min] Repetir 2x Caminar 5 min	Caminar 30 min	[Caminar 4 min Correr 6 min] Repetir 2x Caminar 5 min	Caminar 30 min	[Caminar 4 min Correr 6 min] Repetir 2x Caminar 5 min	Descansar
7	Caminar 30 min	[Caminar 4 min Correr 6 min] Repetir 2x Caminar 5 min	Caminar 5 min Correr 10 min Caminar 5 min	[Caminar 4 min Correr 6 min] Repetir 2x Caminar 5 min	Caminar 5 min Correr 10 min Caminar 5 min	[Caminar 4 min Correr 6 min] Repetir 2x Caminar 5 min	Descansar
8	Caminar 30 min	[Caminar 2 min Correr 1 min] Repetir 9x Caminar 5 min	Caminar 5 min Correr 15 min Caminar 5 min	[Caminar 2 min Correr 1 min] Repetir 9x Caminar 5 min	Caminar 5 min Correr 15 min Caminar 5 min	[Caminar 2 min Correr 1 min] Repetir 9x Caminar 5 min	Descansar
9	Caminar 30 min	[Caminar 1 min Correr 30 segundos] Repetir 20x Caminar 5 min	Caminar 5 min Correr 20 min Caminar 5 min	[Caminar 1 min Correr 30 segundos] Repetir 20x Caminar 5 min	Caminar 5 min Correr 20 min Caminar 5 min	[Caminar 1 min Correr 30 segundos] Repetir 20x Caminar 5 min	Descansar
10	Caminar 5 min Correr 20 min Caminar 5 min	Caminar 15 min	Caminar 5 min Correr 20 min Caminar 5 min	Caminar 15 min	Caminar 5 min Correr 20 min Caminar 5 min	Caminar 15 min	Descansar
11	Caminar 5 min Correr 25 min Caminar 5 min	Caminar 15 min	Caminar 5 min Correr 25 min Caminar 5 min	Caminar 15 min	Caminar 5 min Correr 25 min Caminar 5 min	Caminar 15 min	Descansar
12	Caminar 5 min Correr 30 min Caminar 5 min	Caminar 15 min	Caminar 5 min Correr 30 min Caminar 5 min	Caminar 15 min	Caminar 5 min Correr 30 min Caminar 5 min	Caminar 15 min	Descansar