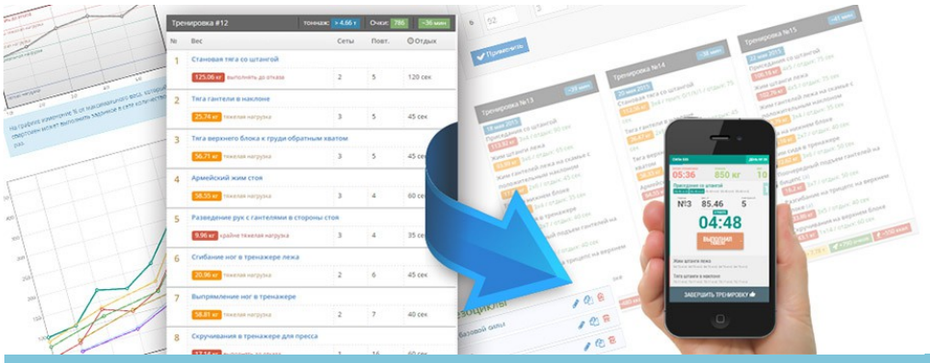
Running program for beginners

Beat your own high-speed record using the "starting" 8-week running plan

Beginner | 40 days | 24 workouts | ~34 minutes

Running programs are often aimed at advanced athletes who need to increase individual indicators. But what about newcomers who are much more difficult to master the technique? A well-designed running program will allow you to smoothly adapt to the regular training regime and increase training time to 30 minutes of high-speed continuous running. Only the regularity and persistence will be required of you.

https://atletiq.com/en/programms/298



Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the load established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach

Install App «Mobile Fitness Assistant AtletIQ»: https://atletiq.com/app

The content of of the program

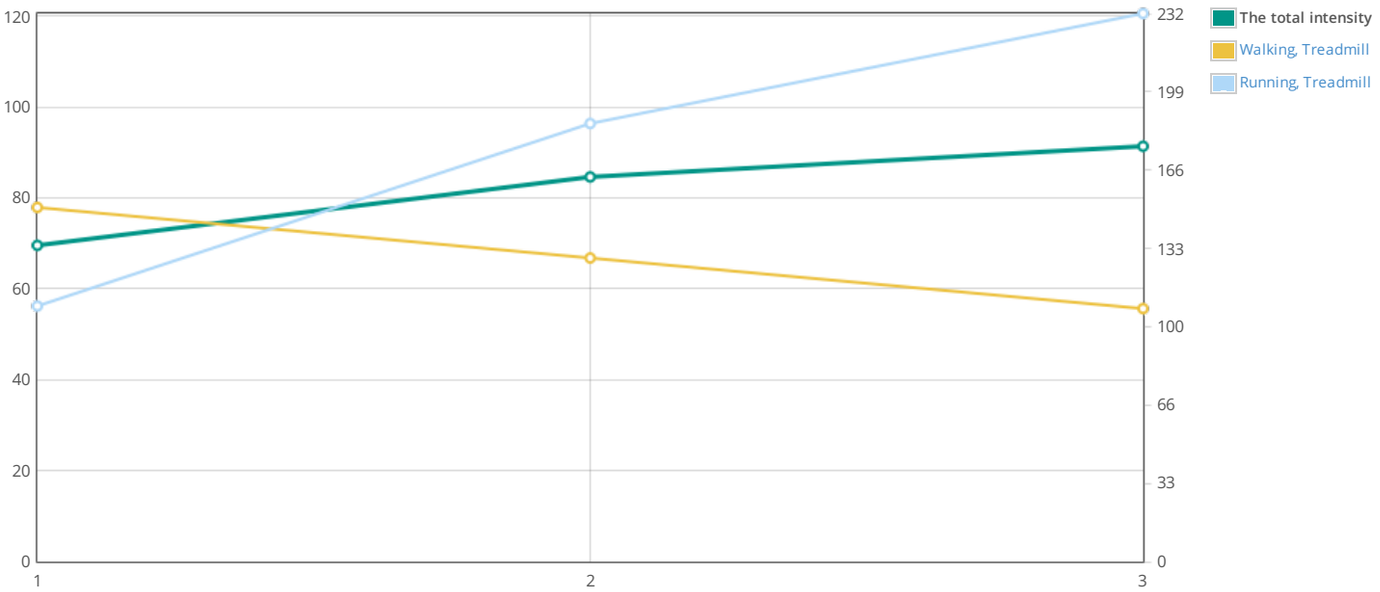
1 «1 неделя»

This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Walking, Treadmill (a)	5-7	120 sec	0 sec
2	Running, Treadmill (a)	5-7	60 sec-180 sec	0 sec
		2 day (rest)		

Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.



For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

Workout #1	23 min	Workout #2	26 min	Workout #3	27 min
Walking, Treadmill		Walking, Treadmill		Walking, Treadmill	

7×120 sec moderate

Running, Treadmill
7×60 sec moderate

134 scores

6×120 sec moderate

Running, Treadmill
6×120 sec moderate

163 scores

5×120 sec moderate

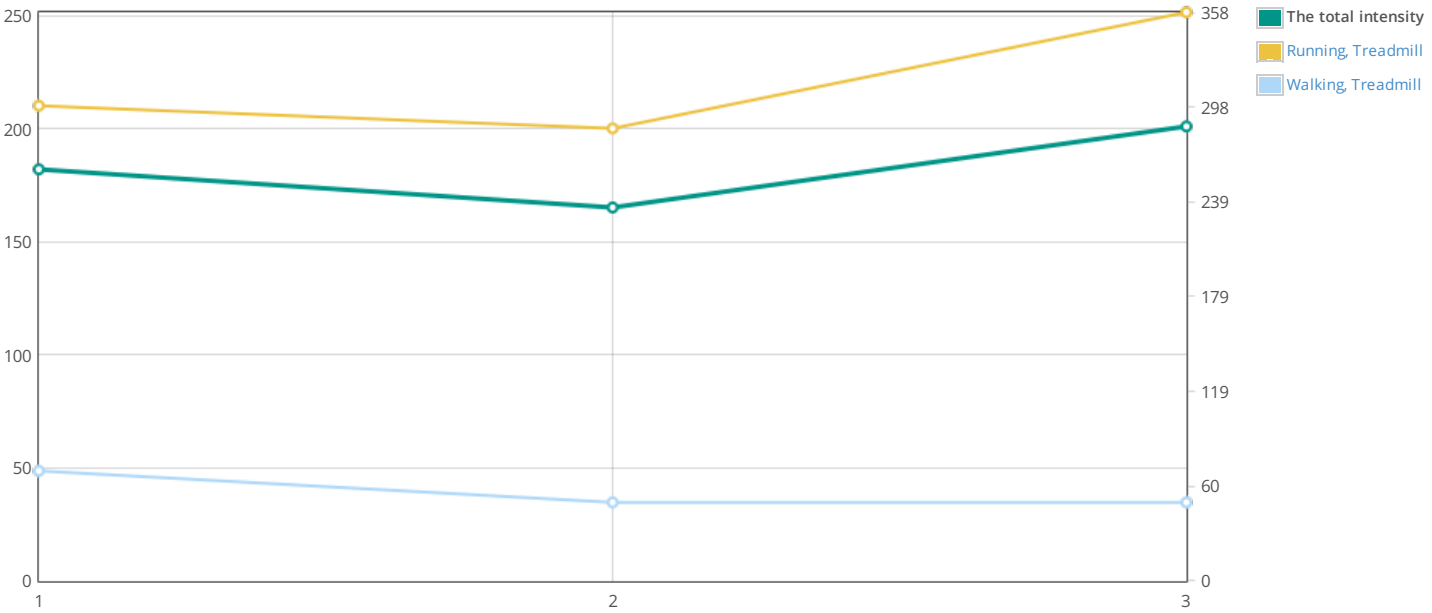
Running, Treadmill
5×180 sec moderate

176 scores

2 «2 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Walking, Treadmill (a)	5-7	60 sec	0 sec
2	Running, Treadmill (a)	5-7	180 sec-5 min	0 sec
2 day (rest)				

Training intensity for each exercise



Workout #1 30 min

Walking, Treadmill
7×60 sec moderate

Running, Treadmill
7×180 sec moderate

259 scores

Workout #2 27 min

Walking, Treadmill
5×60 sec moderate

Running, Treadmill
5×4 min moderate

235 scores

Workout #3 32 min

Walking, Treadmill
5×60 sec moderate

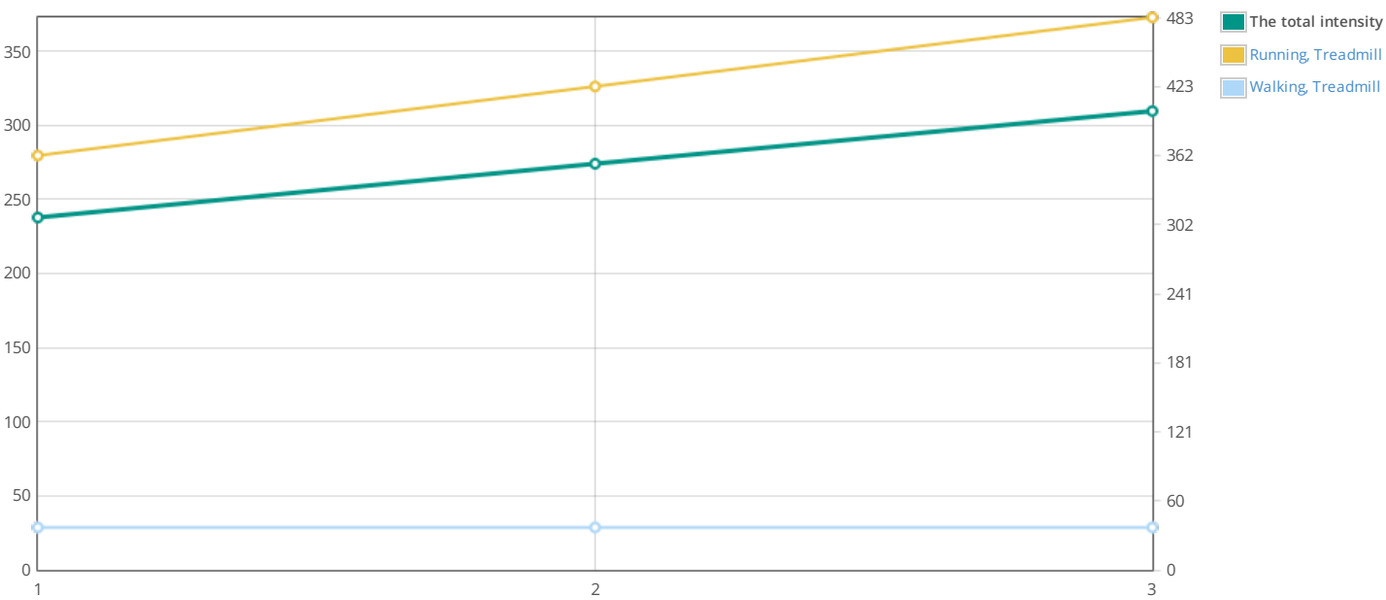
Running, Treadmill
5×5 min moderate

286 scores

3 «3 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Walking, Treadmill (a)	4	60 sec	0 sec
2	Running, Treadmill (a)	4	6 min-8 min	0 sec
		2 day (rest)		

Training intensity for each exercise



Workout #1	30 min
Walking, Treadmill	4×60 sec (moderate)
Running, Treadmill	4×6 min (heavy)
308 scores	

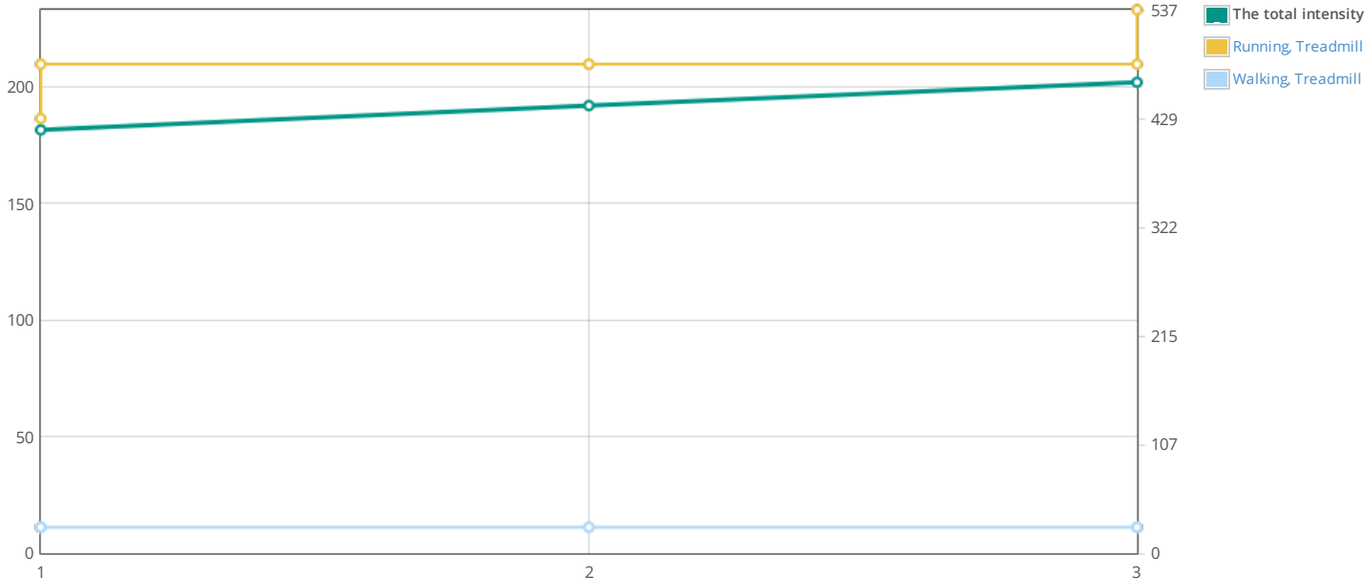
Workout #2	34 min
Walking, Treadmill	4×60 sec (moderate)
Running, Treadmill	4×7 min (heavy)
355 scores	

Workout #3	38 min
Walking, Treadmill	4×60 sec (moderate)
Running, Treadmill	4×8 min (heavy)
401 scores	

4 «4 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Running, Treadmill (a)	2	8 min-10 min	0 sec
2	Walking, Treadmill (a)	2	60 sec	0 sec
3	Running, Treadmill (a)	2	8 min-10 min	0 sec
4	Walking, Treadmill (a)	2	60 sec	0 sec
		2 day (rest)		

Training intensity for each exercise



Workout #1	40 min
Running, Treadmill 2×8 min	heavy
Walking, Treadmill 2×60 sec	moderate
Running, Treadmill 2×9 min	heavy
Walking, Treadmill 2×60 sec	moderate
418 scores	

Workout #2	42 min
Running, Treadmill 2×9 min	heavy
Walking, Treadmill 2×60 sec	moderate
Running, Treadmill 2×9 min	heavy
Walking, Treadmill 2×60 sec	moderate
442 scores	

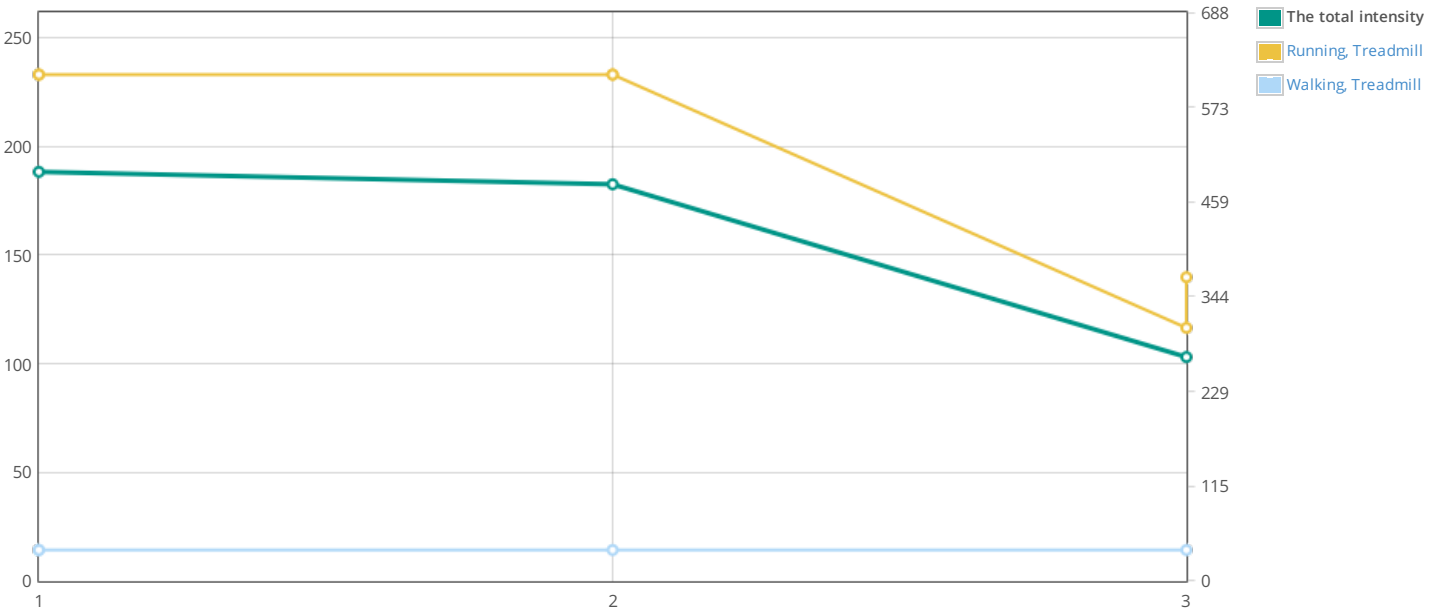
Workout #3	44 min
Running, Treadmill 2×9 min	heavy
Walking, Treadmill 2×60 sec	moderate
Running, Treadmill 2×10 min	heavy
Walking, Treadmill 2×60 sec	moderate
465 scores	

5 «5 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Running, Treadmill (a)	1-2	10 min-15 min	0 sec
2	Walking, Treadmill (a)	1-2	60 sec	0 sec
3	Running, Treadmill (a)	1-2	10 min-15 min	0 sec
4	Walking, Treadmill (a)	1-2	60 sec	0 sec
		2 day (rest)		
		3 day		
1	Running, Treadmill (a)	1-2	10 min-15 min	0 sec
2	Walking, Treadmill (a)	1-2	60 sec	0 sec
3	Running, Treadmill (a)	1-2	10 min-15 min	0 sec
		4 day (rest)		
		5 day		
1	Running, Treadmill (a)	1-2	10 min-15 min	0 sec
2	Walking, Treadmill (a)	1-2	60 sec	0 sec

3	Running, Treadmill (a)	1-2	10 min-15 min	0 sec
6 day (rest)				

Training intensity for each exercise



Workout #1 — 46 min
- Running, Treadmill 2×10 min — heavy
- Walking, Treadmill 2×60 sec — moderate
- Running, Treadmill 2×10 min — heavy
- Walking, Treadmill 2×60 sec — moderate

495 scores

Workout #2 — 44 min
- Running, Treadmill 2×10 min — heavy
- Walking, Treadmill 2×60 sec — moderate
- Running, Treadmill 2×10 min — heavy

480 scores

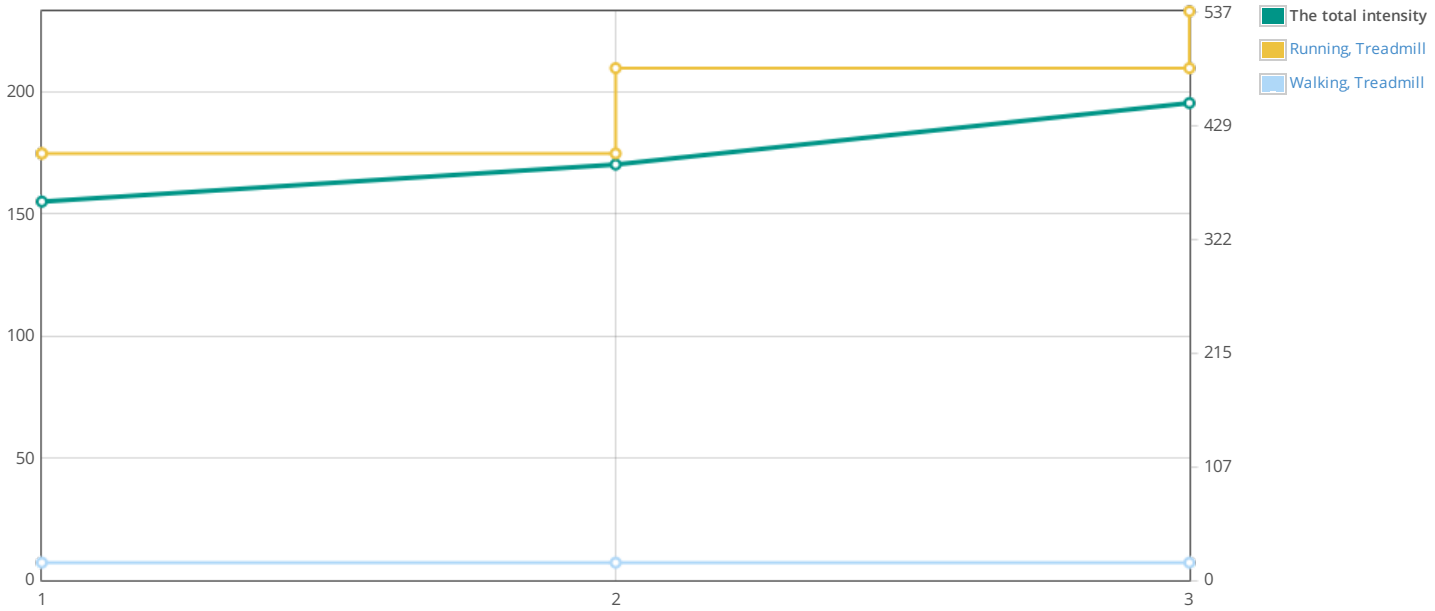
Workout #3 — 26 min
- Running, Treadmill 1×10 min — heavy
- Walking, Treadmill 2×60 sec — moderate
- Running, Treadmill 1×12 min — heavy

271 scores

6 «6 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Running, Treadmill (a)	1	15 min-20 min	0 sec
2	Walking, Treadmill (a)	1	60 sec	0 sec
3	Running, Treadmill (a)	1	15 min-20 min	0 sec
2 day (rest)				

Training intensity for each exercise



Workout #1	33 min
Running, Treadmill	1×15 min — heavy
Walking, Treadmill	1×60 sec — moderate
Running, Treadmill	1×15 min — heavy
357 scores	

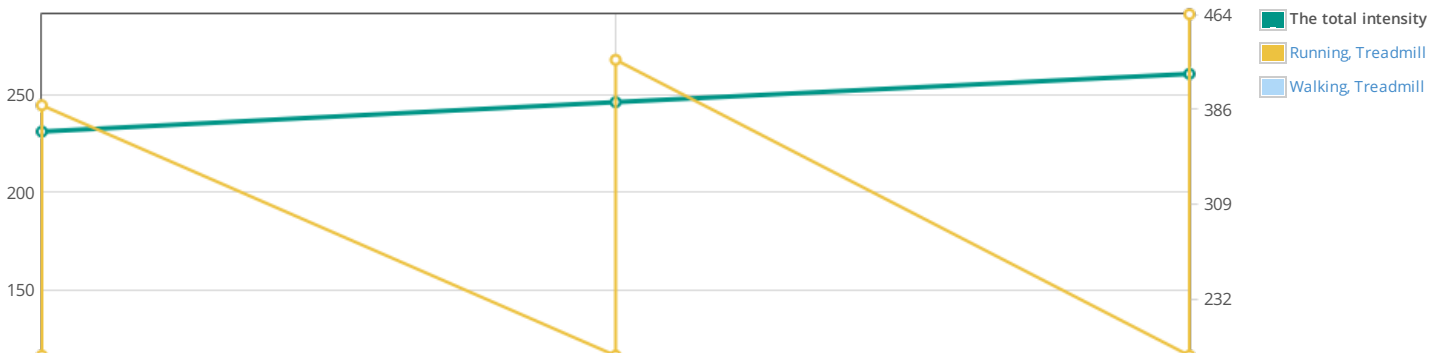
Workout #2	36 min
Running, Treadmill	1×15 min — heavy
Walking, Treadmill	1×60 sec — moderate
Running, Treadmill	1×18 min — heavy
392 scores	

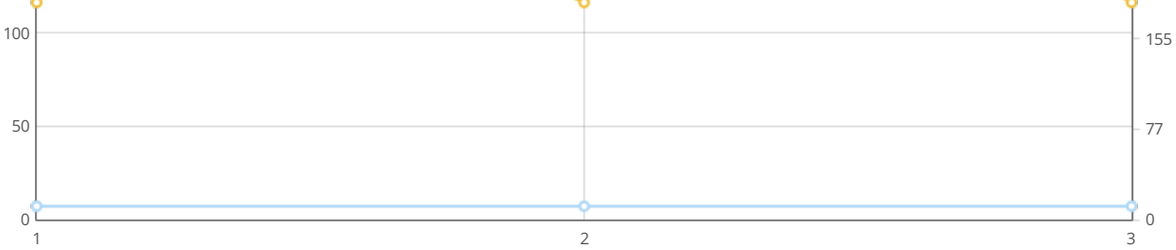
Workout #3	41 min
Running, Treadmill	1×18 min — heavy
Walking, Treadmill	1×60 sec — moderate
Running, Treadmill	1×20 min — heavy
450 scores	

7 «7 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets
		1 day		
1	Running, Treadmill (a)	1	10 min-25 min	0 sec
2	Walking, Treadmill (a)	1	60 sec	0 sec
3	Running, Treadmill (a)	1	10 min-25 min	0 sec
		2 day (rest)		

Training intensity for each exercise





Workout #1	34 min
Running, Treadmill	1×10 min — heavy
Walking, Treadmill	1×60 sec — moderate
Running, Treadmill	1×21 min — heavy
368 scores	

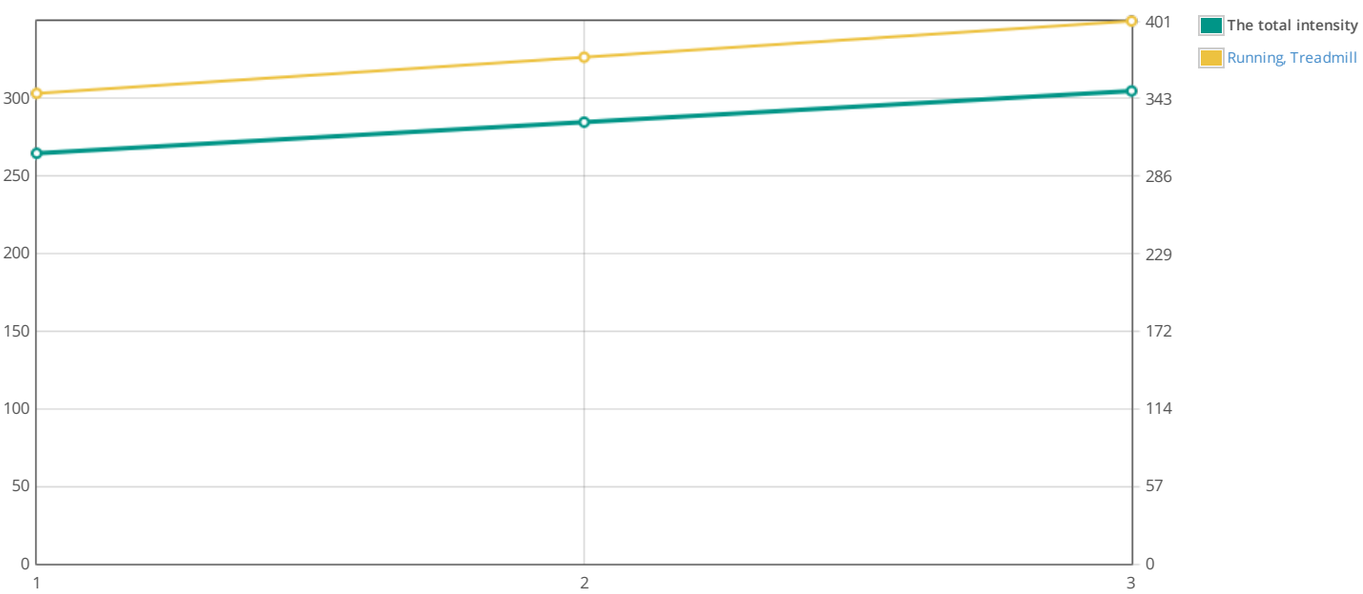
Workout #2	36 min
Running, Treadmill	1×10 min — heavy
Walking, Treadmill	1×60 sec — moderate
Running, Treadmill	1×23 min — heavy
392 scores	

Workout #3	38 min
Running, Treadmill	1×10 min — heavy
Walking, Treadmill	1×60 sec — moderate
Running, Treadmill	1×25 min — heavy
415 scores	

8 «8 неделя»

#	Exercise (superset)	Sets	Reps	Rest between sets
1 day				
1	Running, Treadmill	1	26 min-30 min	0 sec
2 day (rest)				

Training intensity for each exercise



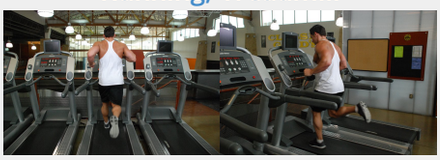
Workout #1	28 min
Running, Treadmill	1×26 min — heavy
303 scores	

Workout #2	30 min
Running, Treadmill	1×28 min — heavy
326 scores	

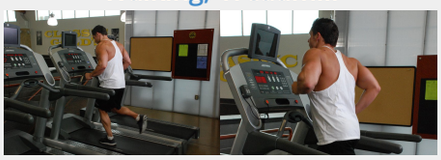
Workout #3	32 min
Running, Treadmill	1×30 min — heavy
349 scores	

Directory of the exercises

Running, Treadmill



Walking, Treadmill



General recommendations on training with AtletIQ

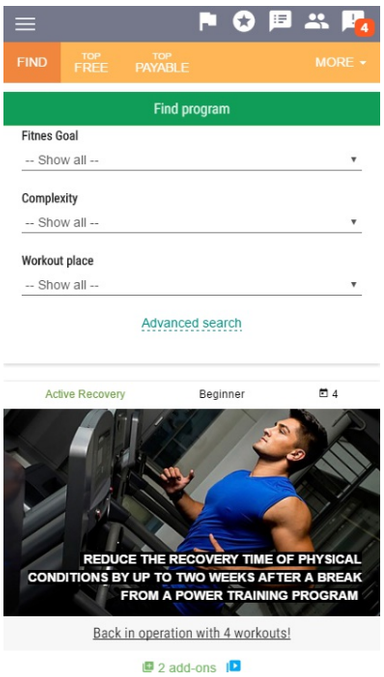
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

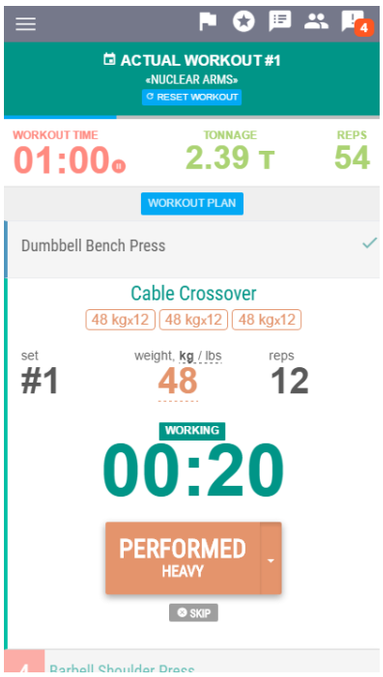
- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned load and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym
- Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the the planned.

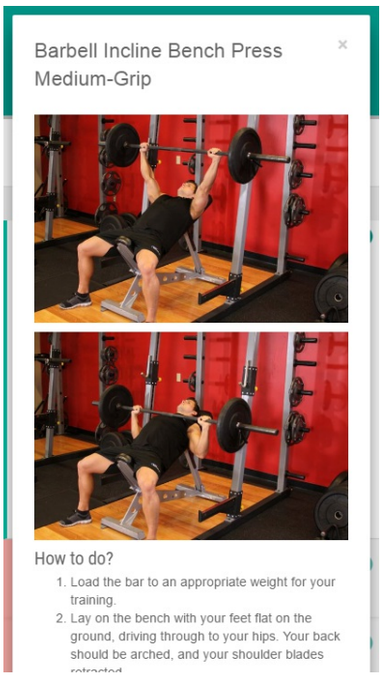
How to use mobile assistant?

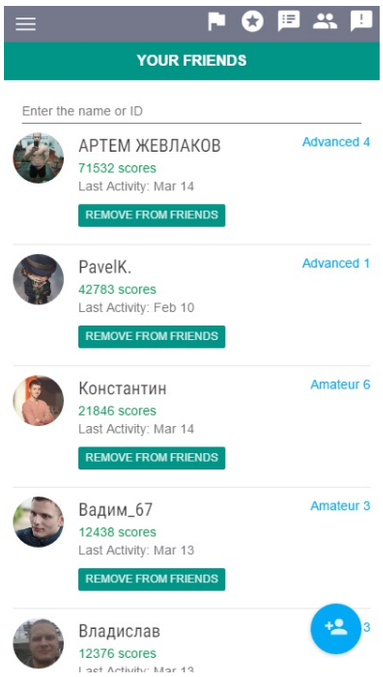
Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

> Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.









Install App

Workout routines

Gain Strength / Bulking / Cutting

AtletIQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance.

Affiliate program for coaches

© 2017 — AtletIQ.com