NATALIA KOTOWSKA'S

30 DAY RUNNING PROGRAM

Please make sure to warm up and cool down before any physical activity

1 **3 Min Run** **2 Min Sprint** 5 times	**2** **25 Min Run** (at a steady pace) Add strength workout/training	**3** **5 Min Run** **5 Min Sprint** 3 times	**4** **25 Min Run** (at a steady pace) Add strength workout	**5** **3 Min Jog** **3 Min Sprint** 5 times	**6** **Rest**
7 **25 Min Run** (at a steady pace) Add strength workout/training	**8** **5 Min Jog** **5 Min Run** **5 Min Sprint** 2 times	**9** **15 Min Run** 30 second sprints every 5 minutes 2 times	**10** **Rest**	**11** **10 Min Run** **5 Min Sprint** 2 times	**12** **25 Min Run** (at a steady pace) Add strength workout/training
13 **25 Min Run** (at a steady pace) Add strength workout/training	**14** **2 Min Jog** **1 Min Sprint** 5 times	**15** **Rest**	**16** **10 Min Run** 30 second sprints every 5 minutes 3 times	**17** **25 Min Run** (at a steady pace) Add strength workout/training	**18** **25 Min Run** (at a steady pace) Add strength workout/training
19 **15 Min Run** 30 second sprints every 5 minutes 2 times	**20** **Rest**	**21** **25 Min Run** (at a steady pace) Add strength workout/training	**22** **10 Min Run** **5 Min Sprint** 2 times	**23** **25 Min Run** (at a steady pace) Add strength workout/training	**24** **5 Min Jog** **5 Min Run** **5 Min Sprint** 2 times
25 **Rest**	**26** **5 Min Jog** **5 Min Sprint** 3 times	**27** **15 Min Run** 30 second sprints every 5 minutes 2 times	**28** **25 Min Run** (at a steady pace) Add strength workout/training	**29** **10 Min Run** **5 Min Sprint** 2 times	**30** **25 Min Run** (at a steady pace) Add strength workout/training