

RUNNING WORKOUT FOR BEGINNERS

TIME	SPEED	CALORIES BURNED*	RPE**
00:00-5:00	3.0	17	1-3
5:00-7:00	4.0	8	2-4
7:00-9:00	5.0	14	4-7
9:00-11:00	4.0	8	2-4
11:00-13:00	5.0	14	4-7
13:00-15:00	4.0	8	2-4
15:00-17:00	5.0	14	4-7
17:00-19:00	4.0	8	2-4
19:00-21:00	5.0	14	4-7
21:00-23:00	4.0	8	2-4
23:00-25:00	5.0	14	4-7
25:00-27:00	4.0	8	2-4
27:00-29:00	5.0	14	4-7
29:00-31:00	4.0	8	2-4
31:00-33:00	5.0	14	4-7
33:00-35:00	4.0	8	2-4
35:00-37:00	5.0	14	4-7
37:00-39:00	4.0	8	2-4
39:00-41:00	5.0	14	4-7
41:00-43:00	4.0	8	2-4
43:00-45:00	5.0	14	4-7
45:00-47:00	4.0	8	2-4
47:00-49:00	5.0	14	4-7
49:00-51:00	4.0	8	2-4
51:00-53:00	5.0	14	4-7
53:00-55:00	4.0	8	2-4
55:00-60:00	3.0	17	1-3

— Congratulations —
YOU JUST BURNED 306 CALORIES!

*Calculations are based on a 130-pound woman.

**RPE = Rate of Perceived Exertion