



# THE LONG RUN

30-day running program © [darebee.com](http://darebee.com)

1 4 min run 1 min rest <b>2 sets</b>	2 5 min run 5 min walk	3 5 x 10sec sprints	4 1 min run 1 min walk <b>5 sets</b>	5 10 min run
6 5 min run 5 min walk	7 5 x 10sec sprints	8 1 min run 1 min walk <b>5 sets</b>	9 15 min run	10 5 min run 5 min walk
11 5 x 10sec sprints	12 1 min run 1 min walk <b>5 sets</b>	13 20 min run	14 10 min run 10 min walk	15 5 x 10sec sprints
16 1 min run 1 min walk <b>5 sets</b>	17 25 min run	18 10 min run 10 min walk	19 5 x 10sec sprints	20 1 min run 1 min walk <b>5 sets</b>
21 30 min run	22 10 min run 10 min walk	23 5 x 10sec sprints	24 1 min run 1 min walk <b>5 sets</b>	25 35 min run
26 15 min run 15 min walk	27 5 x 10sec sprints	28 1 min run 1 min walk <b>5 sets</b>	29 15 min run 15 min walk	30 40 min run