



# FROM WALKING TO **RUNNING**

30-day running program @ [darebee.com](https://darebee.com)

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