

Runner

(1) Run twice weekly for 6 weeks with proper warm-ups and cooldowns.	Warm up with dynamic stretches that work your hip flexors, calves, and quads. Cool down by walking after you finish your run and stretch any muscles that feel tight. For now, focus on safety and form instead of distance or speed.
(2) Practice until you can run a mile without stopping for breaks.	Keep to a regular running schedule with rest days to help your lower-body muscles recover. A typical healthy and able-bodied adult can run a mile in about 10 minutes.
(3) Practice until you can run a 5k (about 3 miles) without stopping for breaks.	A typical healthy and able-bodied adult could run a 5k in about half an hour. If you are trying to challenge yourself in speed as well as endurance, you might aim for 20-25 minutes instead.
(4) Practice until you can run a 10k (about 6 miles).	Once you've run a 5k, continue at the same pace but increase the amount of time you spend running by 5 minutes every two weeks until you are running 10k. For speed, you can instead practice interval training, where you alternate a faster pace with a jog.
(5) Practice until you can run in a half-marathon (13 miles).	For an added bonus, sign up to run in a local half-marathon. If you practice on a treadmill, remember that outdoor half-marathons may be more difficult due to slopes and other terrain changes.