

# You don't have to be a runner *to start running.*

*The hardest step is always the first one out the door. Everything after that? You have already won.*

WRITTEN BY

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Movement changed my life and now it is my goal is to empower women, educate women on their bodies, and change lives because movement has the power to change everything.

TO EVERY GIRL WHO IS THINKING ABOUT STARTING

Maybe you have always wanted to run but told yourself you are not built for it. Maybe you tried once, went too hard, and felt like you couldn't breathe. Maybe you have just never known where to begin.

This is your fresh start. And I am so glad you are here.

We are going to keep this simple, no complicated plans, no pressure, no comparison. Just one beautiful, beginner-friendly method that has helped thousands of women fall in love with running. Walk a little. Run a little. Repeat.

## THE MOST IMPORTANT THING I WILL EVER TELL YOU

***If you can't hold a conversation while you run, you are going too fast.***

Most beginners go out too hard because running slowly feels strange. It should not. Easy running is not lazy running; it is exactly the right approach for building your base. The runners who make it look effortless spend most of their training at a pace where they can comfortably chat to a friend. Trust the slow.

## WHY IT WORKS

### **Walk. Run. Walk. Run. *That's it.***

Running is high-impact. Your muscles, tendons, and bones need time to strengthen to handle the load. By alternating running and walking, you keep your effort manageable while your body adapts, coming back stronger after every single session.

The walk intervals are not rest because you failed. They are the method. They are what makes the whole thing work. Every single time you run a little, walk a little, and go home... you have done something extraordinary for yourself.

## YOUR FIRST SESSION — EXACTLY WHAT TO DO

**1**

### **Warm-Up — 5 minutes of brisk walking**

Do not skip this. A warm body moves better, feels better, and gets injured less. Use this time to take a breath and arrive.

**2**

### **Run 1 minute / Walk 2 minutes — repeat 6 to 8 times**

Run easy and remember the talk test. Walk fully to recover. Then go again. That is the whole thing. You have got this.

**3**

### **Cool-Down — 5 minutes of easy walking**

End gently. Take some deep breaths. Give yourself a moment to feel genuinely proud because you should.

**COACH'S TIP:** *Try three sessions. Three done this week beats a perfect plan done never. Do not overthink it. Just show up.*

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WHAT HAPPENS NEXT

## Watch yourself transform, *week by week.*

You will not believe how quickly your body adapts. In just a few weeks, the intervals that felt hard will start feeling easy. That is not luck, that is you, getting stronger, one run at a time.

**Week 1-2** Run 1 min / Walk 2 min - repeat 6 to 8 times

*Just start. Slowly.*



**Week 3-4** Run 2 min / Walk 1 min - repeat 6 to 8 times

*Already more natural than you thought.*



**Week 5-6** Run 5 min / Walk 1 min - repeat 4 to 5 times

*You are a runner.*



**Week 7-8** Running continuously - 10, 20, 30 minutes

*Yes, really. That is, you.*



**COACH'S TIP:** *Never increase your weekly running by more than 10% from one week to the next. Slow progress is not slow, it is the fastest route to the finish line without getting injured along the way.*

***You are already a runner.  
You just have not started yet.***

It does not matter how old you are, how fast you are, or what you look like in your running shoes. What matters is that you lace up and go. The road does not care about your pace. This community does not either. We only care that you show up, for yourself, in your own time, at your own speed.

**Run when you can. Walk when you need to. Never give up on yourself.**