

Start Running in Your Sixties with JUSTLIKE2RUN.COM

Starting to run in your sixties is one of the most empowering decisions you can make. With the right plan, the right shoes, and a slow, steady approach, anyone can build the strength and confidence to enjoy running at any age. This guide gives you a safe, simple, and encouraging 10-week plan designed specifically for adults 60–70 who want to begin their running journey.

Start Running in Your Sixties: 10-Week Beginner Plan

Step 1: Get Medical Clearance

Consult your doctor before starting. Bring this plan with you so they can review it.

Step 2: Get Proper Running Shoes

Visit a local running store for guidance on fit and comfort.

Weeks 1–2: Walking Foundation

Build mobility, confidence, and consistency.

Week 1 • Day 1: 15-minute walk • Day 2: 20-minute walk • Day 3: 20-minute walk

Week 2 • Day 1: 25-minute walk • Day 2: 30-minute walk • Day 3: 30-minute walk

Goal: Get joints used to movement and avoid early soreness.

Weeks 3–4: Gentle Run/Walk Introduction

Run slower than a brisk walk.

Week 3 • Day 1: 30-minute walk • Day 2: 1 min run / 2 min walk × 8 • Day 3: 1 min run / 1 min walk × 10

Week 4 • Day 1: 2 min run / 2 min walk × 6 • Day 2: 3 min run / 2 min walk × 5 • Day 3: 10-minute walk + 10-minute run/walk

Goal: Introduce running gently without stressing joints.

Weeks 5–6: Build Comfortable Running Time

Easy, conversational pace.

Week 5 • Day 1: 5 min run / 2 min walk × 4 • Day 2: 8 min run / 2 min walk × 3 • Day 3: 12–15 min continuous run

Week 6 • Day 1: 10 min run / 2 min walk × 2 • Day 2: 15 min continuous run • Day 3: 18–20 min continuous run

Goal: Build aerobic endurance safely.

Weeks 7–8: Become a Steady Runner

Confidence grows here.

Week 7 • Day 1: 20 min continuous run • Day 2: 10 min run / 1 min walk × 3 • Day 3: 25 min continuous run

Week 8 • Day 1: 25 min continuous run • Day 2: 15 min easy run • Day 3: 28–30 min continuous run

Goal: Reach a comfortable 30-minute run.

Weeks 9–10: Optional 5K Preparation

Your goal is to finish, not race.

Week 9 • Day 1: 20 min easy run • Day 2: 25 min easy run • Day 3: 30 min easy run

Week 10 — Race Week • Day 1: 15 min easy run • Day 2: 10 min easy run + 3 × 20-second pickups • Day 3: 5K event or solo 5K run

Special Considerations for Ages 60–70

• One day off between runs • Stretch lightly after workouts • Hydrate well • Run extremely easy • Strength train twice weekly • Avoid hills early • Comfort > speed