



SPORTSTICKER.be

# #STARTRUNNING

Join us in the #startrunning challenge and unlock a better you ! During 10 weeks we will guide you to a #>insertnamehere< 2.0

## WEEK

### TRAINING 1

# 01

### TRAINING 2

1' run  
1' walk  
1' run  
2' walk  
2' run  
2' walk

3' run  
2' walk  
3' run  
2' walk  
2' run  
2' walk

3' run  
2' walk  
2' run  
2' walk  
2' run

walking mode

34 min



1' run  
1' walk  
2' run  
2' walk  
2'run  
1' walk

3' run  
2' walk  
3' run  
2' walk  
3' run  
2' walk

3' run  
2' walk  
2' run  
1' walk

2' run

walking mode

34 min



**CONGRATS! YOU 'VE UNLOCKED A #NEWMINDSET!**



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# #STARTRUNNING

## WEEK 02

### TRAINING 1

### TRAINING 2

### TRAINING 3

1' run	1' run	1' run
1' walk	1' walk	1' walk
2' run	2' run	2' run
2' walk	2' walk	1' walk
2' run	2' run	2' run
1' walk	1' walk	1' walk
3' run	3' run	3' run
2' walk	2' walk	2' walk
3' run	3' run	3' run
1' walk	1' walk	1' walk
1' run	1' run	1' run
1' faster pace	1' faster pace	1' faster pace
2' walk	2' walk	1' walk
1' run	1' run	2' run
1' faster pace	1' faster pace	1' faster pace
2' walk	2' walk	2' walk
1' run	2' run	3' run
1' walk	1' walk	2' walk
1' faster pace	1' fast pace run	2' fast pace run
1' walk	1' walk	1' walk
2' run	2' run	2' run
1' walk	1' walk	1' walk
2' run	3' run	3' run
2' walk	2' walk	2' walk
1' run	1' run	1' run
walking mode	walking mode	walking mode
41 min	43 min	45 min

HERE'S TO NEW BEGINNINGS!

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# #STARTRUNNING



TRAINING 1	WEEK <b>03</b>	TRAINING 2
2' run	■	2' run
1' walk	■	1' walk
2' run	■	2' run
1' walk	■	1' walk
3' run	■	3' run
2' walk	■	2' walk
3' run	■	3' run
2' walk	■	1' walk
2' run	■	3' run
1' faster pace	■	1' faster pace
1' walk	■	1' walk
2' run	■	2' run
1' faster pace	■	1' faster pace
1' run	■	1' run
1' walk	■	1' walk
1' run	■	1' run
2' faster pace	■	2' faster pace
2' walk	■	2' walk
3' run	■	3' run
1' walk	■	1' walk
3' run	■	3' run
2' walk	■	1' walk
3' run	■	3' run
2' walk	■	2' walk
2' run	■	3' run
walking mode	■	walking mode
46 min		46 min



**CONGRATS! YOU 'VE  
UNLOCKED #HAPPYFEET**



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# #STARTRUNNING

WEEK  
**04**

## TRAINING 1

## TRAINING 2

## TRAINING 3

2' run	3' run	4' run
1' walk	1' walk	1' walk
2' run	2' run	2' run
1' walk	1' walk	1' walk
3' run	3' run	3' run
1' walk	1' walk	1' walk
3' run	3' run	3' run
2' walk	2' walk	1' walk
2' run	2' run	3' run
1' accelerate	1' accelerate	1' accelerate
2' walk	2' walk	2' walk
2' run	2' run	2' run
1' accelerate	1' accelerate	1' accelerate
1' run	2' run	2' run
2' walk	2' walk	2' walk
2' run	2' run	2' run
2' accelerate	2' accelerate	2' accelerate
2' walk	1' walk	1' walk
4' run	4' run	4' run
2' walk	2' walk	1' walk
3' run	3' run	3' run
1' walk	1' walk	1' walk
2' run	3' run	4' run
walking mode	walking mode	walking mode
44 min	46 min	47 min

**ROUGH WEEK? POST A PICTURE OF YOU  
RUNNING USING #PERSISTANCEISKEY**

**AND SEE WHAT HAPPENS**





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# #STARTRUNNING

WEEK

**05**

TRAINING 1

TRAINING 2

2' run  
1' walk  
3' run  
1' walk  
3' run  
2' walk

2' run  
1' accelerate  
1' run  
2' walk  
3' run  
1' walk

1' run  
1' accelerate  
1' run  
2' walk  
4' run  
2' walk  
3' run  
1' walk

2' run  
1' walk  
2' run  
1' accelerate  
1' walk  
2' run  
walking mode

46 min



3' run  
1' walk  
4' run  
1' walk  
3' run  
2' walk

2' run  
1' accelerate  
2' run  
2' walk  
3' run  
1' walk

2' run  
1' accelerate  
1' run  
2' walk  
4' run  
2' walk  
3' run  
1' walk

3' run  
1' walk  
3' run  
1' accelerate  
1' walk  
3' run  
walking mode

53 min



## HALFWAY THERE!



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# #STARTRUNNING

WEEK  
**06**

## TRAINING 1

## TRAINING 2

## TRAINING 3



3' run  
1' walk  
4' run  
1' walk  
4' run  
2' walk

2' run  
1' accelerate  
2' run  
2' walk  
3' run  
1' walk

2' run  
1' accelerate  
2' run  
2' walk  
4' run  
1' walk  
3' run  
1' walk

3' run  
1' walk  
3' run  
2' accelerate  
1' walk  
3' run

walking mode

55 min

4' run  
1' walk  
4' run  
1' walk  
4' run  
1' walk

2' run  
2' accelerate  
1' run  
2' walk  
3' run  
1' walk

2' run  
1' accelerate  
2' run  
1' walk  
4' run  
1' walk  
4' run  
1' walk

3' run  
1' walk  
3' run  
2' accelerate  
1' walk  
4' run

walking mode

57 min

4' run  
1' walk  
4' run  
1' walk  
4' run  
1' walk

2' run  
2' accelerate  
2' run  
1' walk  
3' run  
1' walk

3' run  
1' accelerate  
2' run  
1' walk  
4' run  
1' walk  
4' run  
1' walk

3' run  
1' walk  
3' run  
2' accelerate  
1' walk  
4' run

walking mode

56 min



**CONGRATS! YOU 'VE  
UNLOCKED A #HEALTHYMIND!**



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# #STARTRUNNING

WEEK

## 07

### TRAINING 1

2' run  
1' walk  
5' run  
2' walk  
3' run  
1' walk

2' run  
2' accelerate  
2' run  
1' walk  
2' run  
1' walk

4' run  
1' walk  
2' run  
2' accelerate  
1' run  
1' walk

3' run  
1' walk  
4' run  
1' walk  
5' run  
walking mode

49 min

### TRAINING 2

3' run  
1' walk  
5' run  
1' walk  
3' run  
1' walk

2' run  
2' accelerate  
2' run  
1' walk  
3' run  
1' walk

4' run  
1' walk  
2' run  
2' accelerate  
2' run  
1' walk

5' run  
2' walk  
5' run  
1' walk  
3' run  
walking mode

53 min

LIFEHACK: TAG US AND GET A REPOST ON

OUR SOCIAL MEDIA



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# #STARTRUNNING

WEEK  
**08**

## TRAINING 1

## TRAINING 2

## TRAINING 3

3' run  
1' walk  
6' run  
2' walk  
4' run  
1' walk

4' run  
1' walk  
6' run  
1' walk  
4' run  
1' walk

4' run  
1' walk  
6' run  
1' walk  
5' run  
1' walk

3' run  
2' accelerate  
2' run  
1' walk  
2' run  
1' walk

3' run  
2' accelerate  
3' run  
2' walk  
3' run  
1' walk

3' run  
2' accelerate  
3' run  
1' walk  
3' run  
1' walk

5' run  
1' walk  
3' run  
3' accelerate  
1' run  
2' walk

5' run  
1' walk  
3' run  
3' accelerate  
1' run  
2' walk

5' run  
1' walk  
3' run  
3' accelerate  
1' run  
2' walk

3' run  
1' walk  
4' run

3' run  
1' walk  
5' run

4' run  
1' walk  
5' run

walking mode

walking mode

walking mode

51 min

55 min

56 min



**CONGRATS! YOU 'VE  
UNLOCKED #SELFCARE!**





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# #STARTRUNNING

WEEK

09

## TRAINING 1

5' run  
1' walk  
5' run  
1' walk  
4' run  
1' walk

4' run  
1' accelerate  
4' run  
1' walk  
4' run  
1' walk

6' run  
1' walk  
2' run  
2' accelerate  
3' run  
1' walk  
5' run  
walking mode

53 min

## TRAINING 2

5' run  
1' walk  
6' run  
1' walk  
5' run  
1' walk

4' run  
2' accelerate  
4' run  
1' walk  
4' run  
1' walk

7' run  
1' walk  
8' run  
1' walk  
4' slow pace run  
walking mode

55 min



**CONGRATS! YOU 'VE  
UNLOCKED #PERSISTANCE!**



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# #STARTRUNNING

## WEEK 10

### TRAINING 1

### TRAINING 2

### TRAINING 3

5' run	5' run	4' run
1' walk	1' walk	1' walk
10' run	10' run	14' run
1' walk	1' walk	1' walk
2' run	6' run	5' run
1' walk	1' walk	1' walk
6' run	4' run	12' run
1' walk	2' accelerate	1' walk
3' run	3' run	2' run
2' accelerate	1' walk	1' walk
3' run	3' run	5' run
1' walk	1' walk	1' walk
2' run	4' run	3' run
1' walk	1' walk	walking mode
8' run	7' run	
1' walk	walking mode	
5' run		
walking mode		
53 min	50 min	51 min



# YOU DID IT!



#>INSERTNAMEHERE< 2.0