

COURSE BROCHURE

Walking & Beginner Running Plans

Health, Nutrition & Fitness / Cardio & Active Living

<div>One-time full-course fee</div> <div>INR 1,499</div>	<div>Access</div> <div>6 months course access</div>
<div>Study plan</div> <div>Introductory self-paced course · 6 months access</div>	<div>Learning format</div> <div>Six self-paced reading workshops, worksheets, answered self-checks and a final planning assignment</div>

Programme overview

Design an adaptable walking routine and understand gradual walk-run progression. Six reading workshops, practical worksheets, answered self-checks and a final planning assignment. Self-paced education for adults; no live classes, gym membership, personalised diet prescription or professional qualification.

Who this is for

- 1

For adults aged 18+ seeking introductory health and fitness education.
- 2

Practical activity must suit your circumstances; obtain qualified instruction for unfamiliar movements and clinical advice where needed.
- 3

Shared foundation readings recur across related courses. Compare the lesson index before buying more than one course.

Published topics and learning focus

- 1

Choose a safe starting point
- 2

Build walking and beginner walk-run routines
- 3

Understand effort, progression and recovery

- 4 Plan hydration and activity in hot weather
- 5 Build a repeatable weekly plan
- 6 Build a realistic sleep and recovery routine

Before you choose

- 1 These are published programme highlights, not certification of complete syllabus coverage. Review the available reading index and programme trial before enrolling.
- 2 ZELVU provides learning support. It does not award the underlying degree, professional registration or an examination result.
- 3 Current checkout terms and refund policy apply. Payment and access require successful provider verification.

Take the next step

[Explore the programme trial](#)

[View current details, scope and terms](#)

[Ask ZELVU about this programme](#)

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.