

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	Run 3 min/walk 1 min (repeat 3x)	Off Day/ Cross Training Option	Run 3 min/walk 1 min (repeat 3x)	Off	Run 3 min/walk 1 min (repeat 3x)	Walk 15 minutes
2	Off	Run 4 min/walk 1 min (repeat 3x)	Off Day/ Cross Training Option	Run 4 min/walk 1 min (repeat 3x)	Off	Run 4 min/walk 1 min (repeat 3x)	Walk 15 minutes
3	Off	Run 5 min/walk 1 min (repeat 3x)	Off Day/ Cross Training Option	Run 5 min/walk 1 min (repeat 3x)	Off	Run 5 min/walk 1 min (repeat 3x)	Walk 15 minutes
4	Off	Run 6 min/walk 1 min (repeat 3x)	Off Day/ Cross Training Option	Run 6 min/walk 1 min (repeat 3x)	Off	Run 6 min/walk 1 min (repeat 3x)	Walk 20 minutes
5	Off	Run 7.45 min/walk 45 sec (repeat 3x)	Off Day/ Cross Training Option	Run 7.45 min/walk 45 sec (repeat 3x)	Off	Run 7.45 min/walk 45 sec (repeat 3x)	Walk 20 minutes
6	Off	Run 7.45 min/walk 45 sec (repeat 4x)	Off Day/ Cross Training Option	Run 7.45 min/walk 45 sec (repeat 4x)	Off	Run 7.45 min/walk 45 sec (repeat 4x)	Walk 25 minutes
7	Off	Run 8.30 min/walk 30 sec (repeat 4x)	Off Day/ Cross Training Option	Run 8.30 min/walk 30 sec (repeat 4x)	Off	Run 8.30 min/walk 30 sec (repeat 4x)	Walk 25 minutes
8	Off	Run 8.30 min/walk 30 sec (repeat 5x)	Off Day/ Cross Training Option	Run 8.30 min/walk 30 sec (repeat 5x)	Off	Run 8.30 min/walk 30 sec (repeat 5x)	Walk 30 minutes
9	Off	Run 30-35 minutes, walk if needed	Off Day/ Cross Training Option	Run 30-35 minutes, walk if needed	Off	Run 30-35 minutes, walk if needed	Walk 30 minutes
10	Off	Run 25 minutes, easy pace	Off Day/ Cross Training Option	Run 25 minutes, easy pace	Off	5K (3.1 miles) race!	Off or walk easy, 15 minutes

Start each workout by walking for 10 minutes at a brisk pace; finish by walking 5 minutes to cool down