

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	3 x Walk 2 min then Jog 5 min	REST	4 x Walk 2 min then Jog 4 min	Mix up periods of running & walking for 15 minutes.	3 x Walk 1 min then Jog 8 min	REST

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 x Walk 2 min then Jog 8 min	REST	3 x Walk 2 min then Jog 10 min	REST	REST	Jog 20 min Walk 2 min Jog 10 min	REST

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	2 x Steady Jog 12 min then walk 3 min	REST	2 x Walk 2 min then Jog 15 min	REST	REST	Walk 2 min Steady Run 20 min Walk 2 min Jog 15 min

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Jog 20 min Walk 2 min Jog 20 min	REST	3 x Walk 2 min then Steady Run 8 min	15 min of easy running.	Jog 35 min Walk 5 min	REST

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Steady Run 10 min Walk 3 min	REST	Jog 25 min Walk 5 min Steady Run 10 min	REST	Jog 40 min Walk 5 min	REST

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Jog 30 min	REST	Jog 20 min Walk 5 min Jog 10 min	REST	REST	EVENT DAY GOOD LUCK!