

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
Tuesday	Run 1 mins, walk 1 min X 10	Run 2 mins Walk 2 min X 10	Run 3 mins Walk 2 mins X 4	Run 5 mins Walk 2 mins X 3	Run 6 mins Walk 2 mins X 3	Run 7 mins Walk 2 mins X 3	Run 9 mins Walk 2 mins X 3	Run 11 mins Walk 1 -3 mins X 2
Wednesday	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
Thursday	Run 2min Walk 1 - 2 min X 4	Run 3 mins Walk 2 mins X 4	Run 3 mins Walk 1 mins X 6	Run 4 mins Walk 2 mins X 6	Run 3 mins Walk 2 mins X 6	Run 6 mins Walk 2 mins X 4	Run 15 mins Walk 1 – 3 mins X 2	Run 15 mins Walk 1-3 mins X 2
Friday	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
Sunday	Run/Walk a mile and record time	Run 3 mins Walk 1 – 3 mins X 10	Run/walk a mile and record time	Run 8 mins Walk 2 mins X 3	Run 10 mins Walk 2 mins X 2	Run/walk 2 miles and record time	Run/walk a mile and record time	Run/walk 3.1 miles or 5k