

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE	REST	Walk 5 min; (Run 1 min, Walk 1 min x6); Walk 5 min	Walk 5 min; (Run 1 min, Walk 1 min x6); Walk 5 min	REST	Walk 5 min; (Run 1 min, Walk :30sec x6); Walk 5 min	REST	Walk 5 min; (Run 2 min, Walk 1 min x5); Walk 5 min
WEEK TWO	REST	Walk 5 min; (Run 1 min, Walk 1 min x6); Walk 5 min	Walk 5 min; (Run 1 min, Walk :30sec x6); Walk 5 min	REST	Walk 5 min; (Run 1 min, Walk :30sec x6); Walk 5 min	REST	Walk 5 min; (Run 2 min, Walk 1 min x5); Walk 5 min
WEEK THREE	REST	Walk 5 min; (Run 1 min, Walk 1 min x6); Walk 5 min	Walk 5 min; (Run 1 min, Walk :30sec x6); Walk 5 min	REST	Walk 5 min; (Run 2 min, Walk 1 min x5); Walk 5 min	REST	Walk 5 min; (Run 2 min, Walk 1 min x5); Walk 5 min
WEEK FOUR	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 2 min, Walk 1 min x3); Walk 5 min	Walk 5 min; Run 3 min; Walk 3 min; (Run 2 min, Walk 1 min x3); Walk 5 min	REST	Walk 5 min; (Run 2 min, Walk 1 min x5); Walk 5 min	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min
WEEK FIVE	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 2 min, Walk 1 min x3); Walk 5 min	Walk 5 min; Run 3 min; Walk 3 min; (Run 2 min, Walk 1 min x3); Walk 5 min	REST	Walk 5 min; (Run 2 min, Walk 1 min x5); Walk 5 min	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min
WEEK SIX	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 2 min, Walk 1 min x3); Walk 5 min	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 2 min, Walk 1 min x3); Walk 5 min	REST	Walk 5 min; (Run 10 min, Walk 3 min x2); Walk 5 min
WEEK SEVEN	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min	REST	Walk 5 min; (Run 10 min, Walk 3 min x2); Walk 5 min

WEEK EIGHT	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min	Walk 5 min; (Run 10 min, Walk 3 min x2); Walk 5 min	REST	Walk 5 min; Run 3 min; Walk 3 min; (Run 3 min, Walk 2 min x3); Walk 5 min	REST	Walk 5 min; ( Run 8 min, Walk 2 min x3); 5 min Walk
WEEK NINE	REST	Walk 5 min; (Run 10 min, Walk 3 min x2); Walk 5 min	Walk 5 min; (Run 10 min, Walk 3 min x2); Walk 5 min	REST	Walk 5 min; ( Run 8 min, Walk 2 min x3); 5 min Walk	REST	Walk 5 min; Run 20 min; Walk 5 min; Run 10 min; Walk 5 min
WEEK TEN	REST	Walk 5 min; (Run 10 min, Walk 3 min x2); Walk 5 min	Walk 5 min; ( Run 8 min, Walk 2 min x3); 5 min Walk	REST	Walk 5 min; Run 20 min; Walk 5 min; Run 10 min; Walk 5 min	REST	Walk 5 min; Run 30 min; Walk 5 min
WEEK ELEVEN	REST	Walk 5 min; ( Run 8 min, Walk 2 min x3); 5 min Walk	Walk 5 min; Run 20 min; Walk 5 min; Run 10 min; Walk 5 min	REST	Walk 5 min; Run 30 min; Walk 5 min	REST	Walk 5 min; Run 30 min; Walk 5 min
WEEK TWELVE	REST	Walk 5 min; Run 20 min; Walk 5 min; Run 10 min; Walk 5 min	Walk 5 min; Run 30 min; Walk 5 min	REST	Walk 5 min; Run 30 min; Walk 5 min	REST	5KM