



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01		5' Walk [60" Jog 90" Walk] x8 5' Walk		5' Walk [60" Jog 90" Walk] x8 5' Walk		5' Walk [60" Jog 90" Walk] x8 5' Walk	
WEEK 02		5' Walk [90" Jog 2' Walk] x6 5' Walk		5' Walk [90" Jog 2' Walk] x6 5' Walk		5' Walk [90" Jog 2' Walk] x6 5' Walk	
WEEK 03		5' Walk [90" Jog + 90" Walk + 3' Jog + 3' walk] x2 5' Walk		5' Walk [90" Jog + 90" Walk + 3' Jog + 3' walk] x2 5' Walk		5' Walk [90" Jog + 90" Walk + 3' Jog + 3' walk] x2 5' Walk	
WEEK 04		5' Walk 3' Jog + 90" Walk 5' Jog + 2.5' Walk 3' Jog + 90" walk + 5' Jog 5' Walk		5' Walk 3' Jog + 90" Walk 5' Jog + 2.5' Walk 3' Jog + 90" walk + 5' Jog 5' Walk		5' Walk 3' Jog + 90" Walk 5' Jog + 2.5' Walk 3' Jog + 90" walk + 5' Jog 5' Walk	
WEEK 05		5' Walk 5' Jog + 3' Walk 5' Jog + 3' Walk 5' Jog 10' Walk		5' Walk 8' Jog + 5' Walk + 8' Jog 10' Walk		5' Walk [20' Jog] 10' Walk	
WEEK 06		5' Walk 5' Jog + 3' Walk 8' Jog + 3' Walk 5' Jog 10' Walk		5' Walk 10' Jog + 3' Walk 10' Jog 10' Walk		5' Walk [25' Jog] 10' Walk	
WEEK 07		5' Walk 10' Jog + 5' Walk 5' Jog + 2' Walk 10' Jog 5' Walk		5' Walk [30' Jog] 5' Walk		5' Walk [5' Jog + 2' Walk] x6 5' Walk	
WEEK 08		5' Walk 15' Jog + 5' Walk 10' Jog + 2' Walk 5' Jog 5' Walk		5' Walk [35' Jog] 5' Walk		5' Walk [5' Jog + 2' Walk] x7 5' Walk	

KEY

WARM UP MAIN SESSION COOL DOWN

5' = 5 Minutes 90" = 90 Seconds