

WEEK	DAY	MON	TUE	WED	THU	FRI	SAT	SUN
	W1	BRISK WALK FOR 20 MINUTES	REST	2K JOG	REST	INTERVALS, 1K JOG, 0.5K WALK X3	REST	2K RUN
W2	BRISK WALK FOR 20 MINUTES	REST	2K JOG	REST	INTERVALS, 1K JOG, 0.5K WALK X4	REST	3K RUN	
W3	BRISK WALK FOR 20 MINUTES	REST	3K JOG	REST	INTERVALS, 1K JOG, 0.5K WALK X4	REST	3K RUN	
W4	BRISK WALK FOR 20 MINUTES	REST	3K JOG	REST	INTERVALS, 1K JOG, 0.5K SPRINT X3	REST	4K RUN	
W5	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 1K FAST RUN, 0.5K WALK X3	REST	3K GENTLE JOG	REST	5K RUN	
W6	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 1K FAST RUN, 0.5K WALK X4	REST	3K GENTLE JOG	REST	6K RUN	
W7	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 0.5K SPRINT 0.5K WALK X4	REST	4K GENTLE JOG	REST	7K RUN	
W8	BRISK WALK FOR 20 MINUTES	REST	4K RUN	REST	INTERVALS 0.5K SPRINT 0.5K WALK X6	REST	8K RUN	
W9	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 0.5K SPRINT 0.5K WALK X8	REST	4K GENTLE JOG	REST	9K RUN	
W10	BRISK WALK FOR 20 MINUTES	REST	3K RUN	REST	4K GENTLE JOG	REST	10K RUN	
W11	BRISK WALK FOR 20 MINUTES	REST	3K RUN	REST	3K GENTLE JOG	REST	8K RUN	
W12	REST	INTERVALS 1K JOG 0.5K WALK X4	REST	REST	3K GENTLE JOG	REST	TIME TO #GETABOON!	