

WEEK	DAY	MON	TUE	WED	THU	FRI	SAT	SUN
	W1	BRISK WALK FOR 20 MINUTES	REST	1 MILE (M) JOG	REST	INTERVALS, 1M JOG, 0.5M WALK X2	REST	2 MILE RUN
W2	BRISK WALK FOR 20 MINUTES	REST	1 MILE JOG	REST	INTERVALS, 1M JOG, 0.5M WALK X2	REST	2 MILE RUN	
W3	BRISK WALK FOR 20 MINUTES	REST	3 MILE JOG	REST	INTERVALS, 1M JOG, 0.5M WALK X2	REST	3 MILE RUN	
W4	BRISK WALK FOR 20 MINUTES	REST	3 MILE JOG	REST	INTERVALS, 1M JOG, 0.25M SPRINT X3	REST	4 MILE RUN	
W5	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 1M FAST RUN, 0.5M WALK X3	REST	3M GENTLE JOG	REST	5 MILE RUN	
W6	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 1M FAST RUN, 0.5M WALK X4	REST	4M GENTLE JOG	REST	6 MILE RUN	
W7	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 0.5M SPRINT 0.5M WALK X4	REST	4M GENTLE JOG	REST	8 MILE RUN	
W8	BRISK WALK FOR 20 MINUTES	REST	4 MILE RUN	REST	INTERVALS 0.5M SPRINT 0.5M WALK X6	REST	9 MILE RUN	
W9	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 0.5M SPRINT 0.5M WALK X8	REST	5M GENTLE JOG	REST	11 MILE RUN	
W10	BRISK WALK FOR 20 MINUTES	REST	INTERVALS 1M RUN, 0.5M WALK X6	REST	3M GENTLE JOG	REST	13 MILE RUN	
W11	BRISK WALK FOR 20 MINUTES	REST	3 MILE RUN	REST	3M GENTLE JOG	REST	8 MILE RUN	
W12	REST	INTERVALS 1M JOG 0.5M WALK X4	REST	REST	3M GENTLE JOG	REST	TIME TO #GETABOON!	