

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Walk 3 min brisk Walk 1 min easy X6 = 24 mins	Off	Walk 3 min brisk Walk 1 min easy X6 = 24 mins	Easy walk 30 mins	Walk 3 min brisk Walk 1 min easy X6 = 24 mins	Off	Easy walk 30- 45 mins
Week 2	Walk 2.5 min brisk Walk 1 min easy X8 = 28 mins	Off	Walk 2.5 min brisk Walk 1 min easy X8 = 28 mins	Easy walk 30 – 45 mins	Walk 2.5 min brisk Walk 1 min easy X8 = 28 mins	Off	Easy walk 45 mins
Week 3	Walk 3 mins Run 30 secs X7 = 24.5 mins	Off	Walk 3 mins Run 30 secs X7 = 24.5 mins	Easy walk 45 mins	Walk 3 mins Run 30 secs X7 = 24.5 mins	Off	Easy walk 40-60 mins
Week 4	Walk 3 mins Run 1 min X7 = 28 mins	Off	Walk 3 mins Run 1 min X7 = 28 mins	Easy walk 30 mins	Walk 3 mins Run 1 min X7 = 28 mins	Off	Easy walk 60 mins
Week 5	Walk 2 mins Run 1.5 mins X8 = 28 mins	Off	Walk 2 mins Run 1.5 mins X8 = 28 mins	Easy walk 30 – 45 mins	Walk 2 mins Run 1.5 mins X8 = 28 mins	Off	Easy walk 60 mins
Week 6	Walk 2 mins Run 2 mins X7 = 28 mins	Off	Walk 2 mins Run 2 mins X7 = 28 mins	Easy walk 45 mins	Walk 2 mins Run 2 mins X7 = 28 mins	Off	Easy walk 60–90 mins
Week 7	Walk 1 min Run 2 mins X10 = 30 mins	Off	Walk 1 min Run 2 mins X10 = 30 mins	Easy walk 45 mins	Walk 1 min Run 2 mins X10 = 30 mins	Off	Easy walk 60-90 mins
Week 8	Walk 1 min Run 3 mins X8 = 32 mins	Off	Walk 1 min Run 3 mins X8 = 32 mins	Easy walk 45 mins	Walk 1 min Run 3 mins X8 = 32 mins	Off	Easy walk 90 mins
Week 9	Walk 1 min Run 4 mins X7 = 35 mins	Off	Walk 1 min Run 4 mins X7 = 35 mins	Easy walk 45 mins	Walk 1 min Run 4 mins X7 = 35 mins	Off	Easy walk 90 mins
Week 10	Walk 1 min Run 5 mins X7 = 42 mins	Off	Walk 1 min Run 5 mins X7 = 42 mins	Easy walk 45 mins	Walk 1 min Run 5 mins X7 = 42 mins	Off	Running Event