

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
WEEK 1	WALK 9 MINS/RUN 1 MIN x 3 (30 MINS TOTAL)	WALK 9 MINS/RUN 1 MIN x 3 (30 MINS TOTAL)	WALK 9 MINS/RUN 1 MIN x 3 (30 MINS TOTAL)	WALK 9 MINS/RUN 1 MIN x 3 (30 MINS TOTAL)
WEEK 2	WALK 8 MINS/RUN 2 MINS x 3 (30 MINS TOTAL)	WALK 8 MINS/RUN 2 MINS x 3 (30 MINS TOTAL)	WALK 8 MINS/RUN 2 MINS x 3 (30 MINS TOTAL)	WALK 8 MINS/RUN 2 MINS x 3 (30 MINS TOTAL)
WEEK 3	WALK 7 MINS/RUN 3 MINS x 3 (30 MINS TOTAL)	WALK 7 MINS/RUN 3 MINS x 3 (30 MINS TOTAL)	WALK 7 MINS/RUN 3 MINS x 3 (30 MINS TOTAL)	WALK 7 MINS/RUN 3 MINS x 3 (30 MINS TOTAL)
WEEK 4	WALK 6 MINS/RUN 4 MINS x 3 (30 MINS TOTAL)	WALK 6 MINS/RUN 4 MINS x 3 (30 MINS TOTAL)	WALK 6 MINS/RUN 4 MINS x 3 (30 MINS TOTAL)	WALK 6 MINS/RUN 4 MINS x 3 (30 MINS TOTAL)
WEEK 5	WALK 5 MINS/RUN 5 MINS x 3 (30 MINS TOTAL)	WALK 5 MINS/RUN 5 MINS x 3 (30 MINS TOTAL)	WALK 5 MINS/RUN 5 MINS x 3 (30 MINS TOTAL)	WALK 5 MINS/RUN 5 MINS x 3 (30 MINS TOTAL)
WEEK 6**	WALK 3 MINS/RUN 7 MINS x 3 (30 MINS TOTAL)	WALK 3 MINS/RUN 7 MINS x 3 (30 MINS TOTAL)	WALK 3 MINS/RUN 7 MINS x 3 (30 MINS TOTAL)	WALK 3 MINS/RUN 7 MINS x 3 (30 MINS TOTAL)
WEEK 7	WALK 2 MINS/RUN 8 MINS x 3 (30 MINS TOTAL)	WALK 2 MINS/RUN 8 MINS x 3 (30 MINS TOTAL)	WALK 2 MINS/RUN 8 MINS x 3 (30 MINS TOTAL)	WALK 2 MINS/RUN 8 MINS x 3 (30 MINS TOTAL)
WEEK 8	WALK 1 MINS/RUN 9 MINS x 3 (30 MINS TOTAL)	WALK 1 MINS/RUN 9 MINS x 3 (30 MINS TOTAL)	WALK 1 MINS/RUN 9 MINS x 3 (30 MINS TOTAL)	WALK 1 MINS/RUN 9 MINS x 3 (30 MINS TOTAL)
WEEK 9**	RUN 10 MINS/SHORT RECOVERY x 3 (30 MINS TOTAL)	RUN 10 MINS/SHORT RECOVERY x 3 (30 MINS TOTAL)	RUN 12 MINS/SHORT RECOVERY x 3 (36 MINS TOTAL)	RUN 12 MINS/SHORT RECOVERY x 3 (36 MINS TOTAL)
WEEK 10**	RUN 15 MINS/SHORT RECOVERY x 2 (30 MINS TOTAL)	RUN 15 MINS/SHORT RECOVERY x 2 (30 MINS TOTAL)	RUN 20 MINS/SHORT RECOVERY x 2 (40 MINS TOTAL)	RUN 20 MINS/SHORT RECOVERY x 2 (40 MINS TOTAL)