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Week	1	2	3	4	5	6	7	8
Monday	Run 1 min/ walk 2 min repeat 10 x.	Run 2 min; walk 1 min; repeat 10x	Run 5 min; walk 1 min repeat 5 x	Run 8 min; walk 1 min; repeat 3x run 3 min	Run 12 min; walk 1 min; repeat 2 x run 4 min	Run 16 min; walk 1 min; run 13 min	Run 20 min; walk 1 min; run 9 min	Run 27 min; walk 1 min; run 2 min
Tuesday	Walk easy 30 min	Walk easy 30 min	Walk easy 30min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min
Wednesday	Run 1 min; walk 2 min; repeat 10 x	Run 3 min ;walk 1 min; repeat 7x run 2 min	Run 5 min; walk 1 min; repeat 5x	Run 9 min; walk 1min; repeat 3x	Run 13 min; walk 1 min; repeat 2 x run 2 min	Run 17 min; walk 1 min; run 12 min	Run 28 min; walk 1 min; run 1 min	Run 28 min; walk 1 min; run 1 min
Thursday	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min	Walk easy 30 min
Friday	Run 1 min; walk 2 min; repeat 10 x	Run 4 min ;walk 1 min; repeat 6 x	Run 6 min; walk 1 min; repeat 4x run 2 min	Run 10 min; walk 1 min; repeat 2x; run 8 min	Run 14 min; walk 1 min; repeat 2x	Run 18 min; walk 1 min; run 11 min	Run 24 min; walk 1 min; run 5 min	Run 30 min
Saturday	Run 1 min; walk 2 min; repeat 10 x	Run 4 min ; walk 1 min; repeat 6 x	Run 6 min; walk 1 min; repeat 4x; run 2 min	Run 11 min; walk 1 min; repeat 2x run 6 min	Run 15 min; walk 1 min; run 14 min	Run 19 min; walk 1 min; run 10 min	Run 26 min; walk 1 min; run 3 min	Run 30 min
Sunday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest