

| Week | Run 1  | Run 2  | Run 3  | Run 4   |
|------|--|--|--|---|
| 1    | 5 min w/c walk<br>Alt 2 min run<br>3 min walk for<br>30 min  | 5 min w/c walk<br>Alt 2 min run<br>3 min walk for<br>30 min  | 5 min w/c walk<br>Alt 2 min run<br>3 min walk for<br>30 min  | 10 min walk<br>10 min very easy<br>run<br>10 min walk |
| 2    | 5 min w/c walk<br>Alt 3 min run<br>3 min walk for<br>30 min  | 5 min w/c walk<br>Alt 3 min run<br>3 min walk for<br>30 min  | 5 min w/c walk<br>Alt 3 min run<br>3 min walk for<br>30 min  | 10 min walk<br>12min very easy<br>run<br>10 min walk  |
| 3    | 5 min w/c walk<br>Alt 3 min run<br>2 min walk for<br>30 min  | 5 min w/c walk<br>Alt 3 min run<br>2 min walk for<br>30 min  | 5 min w/c walk<br>Alt 3 min run<br>2 min walk for<br>30 min  | 10 min walk<br>15 min very<br>easy run<br>10 min walk |
| 4    | 5 min w/c walk<br>Alt 3 min run<br>1 min walk for<br>32 min  | 5 min w/c walk<br>Alt 3 min run<br>1 min walk for<br>32 min  | 5 min w/c walk<br>Alt 3 min run<br>1 min walk for<br>32 min  | 10 min walk<br>15min very<br>easy run<br>10 min walk  |
| 5    | 5 min w/c walk<br>Alt 4 min run<br>1 min walk for<br>35 min  | 5 min w/c walk<br>Alt 5 min run<br>2 min walk for<br>35 min  | 5 min w/c walk<br>Alt 4 min run<br>1 min walk for<br>35 min  | 10 min walk<br>20 min very<br>easy run<br>10 min walk |
| 6    | 5 min w/c walk<br>Alt 5 min run<br>1 min walk for<br>30 min  | 5 min w/c walk<br>Alt 3 min run<br>30 sec walk for<br>35 min | 5 min w/c walk<br>Alt 3 min run<br>30 sec walk for<br>35 min | 10 min walk<br>20 min very<br>easy run<br>10 min walk |
| 7    | 5 min w/c walk<br>Alt 6 min run<br>1 min walk for<br>35 min  | 5 min w/c walk<br>Alt 4 min run<br>30 sec walk for<br>36 min | 5 min w/c walk<br>Alt 10 min run<br>2 min walk for<br>24 min | 5 min walk<br>25 min very<br>easy run<br>5 min walk   |
| 8    | 5 min w/c walk<br>Alt 10 min run<br>2 min walk for<br>36 min | 5 min walk<br>15 min very<br>easy run<br>5 min walk          | 5 min w/c walk<br>Alt 3 min run<br>1 min walk for<br>28 min  | 5 min walk<br>25 min very<br>easy run<br>5 min walk   |

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| 9  | 5 min w/c walk<br>Alt 10 min run<br>2 min walk for<br>36 min | 5 min walk<br>20 min very<br>easy run<br>5 min walk | 5 min w/c walk<br>Alt 3 min run<br>1 min walk for<br>28 min | 5 min walk<br>30 min very<br>easy run<br>5 min walk |
|    |  |   |   |   |
| 10 | 5 min w/c walk<br>Alt 10 min run<br>2 min walk for<br>36 min | 5 min walk<br>20 min very<br>easy run<br>5 min walk | 5 min w/c walk<br>Alt 3 min run<br>1 min walk for<br>28 min | 5 min walk<br>35 min very<br>easy run<br>5 min walk |
|    |  |   |   |   |

5 min w/c walk is a 5 min warm up walk to start  
and a 5 min cool down walk to finish.