

Week 1	Sunday	Wednesday	Saturday
	(1 minute run, 1 minute walk) X 5	(1 minute run, 1 minute walk) X 5	(2 minute run, 1 minute walk) X 4
Week 2	(2 minute run, 1 minute walk) X 5	(3 minute run, 1 minute walk) X 3	(3 minute run, 1 minute walk) X 4
Week 3	(3 minute run, 1 minute walk) X 5	(3 minute run, 30 s walk) x 4	(3 minute run, 30 s walk) x 5
Week 4	(4 minute run, 1 minute walk) X 3	(4 minute run, 1 minute walk) X 4	(4 minute run, 1 minute walk) X 5
Week 5	(6 minute run, 1 minute walk) X 3	(8 minute run, 2 minute walk) X 2	(10 minute run, 2 minute walk) X 2
Week 6	(10 minute run, 1 minute walk) X 2	(10 minute run, 2 minute walk) X 2	15 minute run
Week 7	15 minute run	20 minute run	20 minute run
Week 8	25 minute run	20 minute run	35 minute run