

Week	Sunday	Monday	Wednesday	Friday	
1	Walk 1/2 mile	Walk 1 mile	Jog: 1 min	Brisk Walk	
			Walk: 3 min		15 minutes
2	Jog: 1 min	Walk	Jog: 1 min	Brisk Walk	
	Walk: 3 min		Walk: 2 min		
	20 minutes		15 minutes		
3	Jog: 1 min	Walk	Jog: 1 min	Brisk Walk	
	Walk: 2 min		Walk: 1 min		
	25 minutes		1 mile		
4	Jog: 1 min	Walk	Jog: 1 min	Brisk Walk	
	Walk: 2 min		Walk: 1 min		
	30 minutes		1.5 miles		
5	Jog: 1 min	Walk	Jog: 1 min	Brisk Walk	
	Walk: 1 min		Walk: 3 min		
	30 minutes		2 miles		
6	Run: 30 seconds	Jog: 1 min	Jog: 2 min	Brisk Walk	
	Walk: 1 min	Walk: 1 min	Walk: 2 min		
	25 minutes	2 miles	30 minutes		
7	Jog: 3 min	Jog	Run: 30 seconds	Jog: 3 min	
	Walk: 1 min		Walk: 1 min		
	2.5 miles		35 minutes		
8	Jog: 2 min	Jog	Run: 1 min	Brisk Walk	
	Walk: 1 min		Walk: 1 min		
	3 miles		30 minutes		
9	Jog: 3 min	Jog	Jog: 2 min	Brisk Walk	
	Walk: 1 min		Walk: 1 min		
	3 miles		25 minutes		