

# TRAINING PLAN

## WEEK 1

**Day 1:** Run 1 minute, walk 1 minute x 10 = 20 minutes total  
**Day 2:** Strength training  
**Day 3:** Run 1 min, walk 1 min x 11 = 22 min total  
**Day 4:** Rest or cross-training  
**Day 5:** Run 1 min, walk 1 min x 12 = 24 min total  
**Day 6:** Strength training  
**Day 7:** Rest

## WEEK 2

**Day 1:** Run 2 min, walk 1 min x 7 = 21 min total  
**Day 2:** Strength training  
**Day 3:** Run 2 min, walk 1 min x 8 = 24 min total  
**Day 4:** Rest or cross-training  
**Day 5:** Run 3 min, walk 1 min x 6 = 24 min total  
**Day 6:** Strength training  
**Day 7:** Rest

## WEEK 3

**Day 1:** Run 3 min, walk 1 min x 7 = 28 min total  
**Day 2:** Strength training  
**Day 3:** Run 4 min, walk 1 min x 5 = 25 min total  
**Day 4:** Rest or cross-training  
**Day 5:** Run 5 min, walk 1 min x 5 = 30 min total  
**Day 6:** Strength training  
**Day 7:** Rest

## WEEK 4

**Day 1:** Run 6 min, walk 1 min x 4 = 28 min total  
**Day 2:** Strength training  
**Day 3:** Run 7 min, walk 1 min x 4 = 32 min total  
**Day 4:** Rest or cross-training  
**Day 5:** Run 8 min, walk 30 seconds x 4 = 34 min total  
**Day 6:** Strength training  
**Day 7:** Rest

## WEEK 5

**Day 1:** Run 9 min, walk 1 min x 3 = 30 min total  
**Day 2:** Strength training  
**Day 3:** Run 10 min, walk 1 min x 3 = 33 min total  
**Day 4:** Rest or cross-training  
**Day 5:** Run 12 min, walk 1 min, run 12 min = 25 min total  
**Day 6:** Strength training  
**Day 7:** Rest

## WEEK 6

**Day 1:** Run 14 min, walk 1 min, run 14 min = 29 min total  
**Day 2:** Strength training  
**Day 3:** Run 16 min, walk 1 min, run 16 min = 33 min total  
**Day 4:** Rest or cross-training  
**Day 5:** Run 18 min, walk 1 min, run 16 min = 35 min total  
**Day 6:** Strength training  
**Day 7:** Rest

## WEEK 7

**Day 1:** Run 20 min, walk 1 min, run 10 min = 31 min total  
**Day 2:** Strength training  
**Day 3:** Run 22 min, walk 1 min, run 10 min = 33 min total  
**Day 4:** Rest or cross-training  
**Day 5:** Run 24 min, walk 1 min, run 10 min = 35 min total  
**Day 6:** Strength training  
**Day 7:** Rest

## WEEK 8

**Day 1:** Run 26 min  
**Day 2:** Strength training  
**Day 3:** Run 28 min  
**Day 4:** Rest or cross-training  
**Day 5:** Run 30 min  
**Day 6:** Strength training  
**Day 7:** Rest

