

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL WEEKLY HOURS
1	DAY OFF	Walk 20 min	DAY OFF	Walk 5 min warmup, then 20 min as 4 x (1 min jog, 4 min walk)	DAY OFF	Walk 30 min	Walk 5 min warmup, then 20 min as 4 x (1 min jog, 4 min walk)	1:40
2	DAY OFF	Walk 20 min	DAY OFF	Walk 5 min warmup, then 20 min as 4 x (1 min jog, 4 min walk)	DAY OFF	Walk 35 min	Walk 5 min warmup, then 20 min as 4 x (1 min jog, 4 min walk)	1:45
3	DAY OFF	Walk 25 min	DAY OFF	Walk 5 min warmup, then 24 min as 6 x (1 min jog, 3 min walk)	DAY OFF	Walk 40 min	Walk 5 min warmup, then 24 min as 6 x (1 min jog, 3 min walk)	2:03
4	DAY OFF	Walk 25 min	DAY OFF	Walk 5 min warmup, then 24 min as 6 x (1 min jog, 3 min walk)	DAY OFF	Walk 45 min	Walk 5 min warmup, then 24 min as 6 x (1 min jog, 3 min walk)	2:08
5	DAY OFF	Walk 30 min	DAY OFF	Walk 5 min warmup, then 30 min as 6 x (2 min jog, 3 min walk)	DAY OFF	Walk 50 min	Walk 5 min warmup, then 30 min as 6 x (2 min jog, 3 min walk)	2:30
6	DAY OFF	Walk 30 min	DAY OFF	Walk 5 min warmup, then 40 min as 8 x (2 min jog, 3 min walk)	DAY OFF	Walk 55 min	Walk 5 min warmup, then 40 min as 8 x (2 min jog, 3 min walk)	2:55
7	DAY OFF	Walk 35 min	DAY OFF	Walk 5 min warmup, then 50 min as 10 x (3 min jog, 2 min walk)	DAY OFF	Walk 60 min	Walk 5 min warmup, then 50 min as 10 x (3 min jog, 2 min walk)	3:25
8	DAY OFF	Walk 35 min	DAY OFF	Walk 5 min warmup, then 60 min as 12 x (3 min jog, 2 min walk)	DAY OFF	Walk 65 min	Walk 5 min warmup, then 60 min as 12 x (3 min jog, 2 min walk)	3:50
9	DAY OFF	Walk 40 min	DAY OFF	Walk 5 min warmup, then 65 min as 11 x (4 min jog, 1 min walk)	DAY OFF	Walk 70 min	Walk 5 min warmup, then 65 min as 11 x (4 min jog, 1 min walk)	4:10
10	DAY OFF	Walk 40 min	DAY OFF	Walk 5 min warmup, then 70 min as 14 x (4 min jog, 1 min walk)	DAY OFF	Walk 60 min	Walk 5 min warmup, then 70 min as 14 x (4 min jog, 1 min walk)	4:10
11	DAY OFF	Walk 35 min	DAY OFF	Walk 5 min warmup, then 75 min as 15 x (4 min jog, 1 min walk)	DAY OFF	Walk 40 min	Walk 5 min warmup, then 50 min as 10 x (4 min jog, 1 min walk)	3:30
12	DAY OFF	Walk 30 min	DAY OFF	Walk 5 min warmup, then 20 min as 4 x (4 min jog, 1 min walk)	DAY OFF	DAY OFF	Goal 10K Race	1:20 + race