

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 30 seconds run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 12 x 1 min run / 1 min walk Cool down: 5 min walk	<b>Rest</b>
		<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 90 sec run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 10 x 90 sec run / 30 sec walk Cool down: 5 min walk	<b>Rest</b>
2		<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 2:30 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 30 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	<b>Rest</b>
		<b>Walk/Run</b> Warm up: Brisk walk 5 min 5 x 5 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 35 min	<b>Rest</b>	<b>Walk/Run</b> Warm up: Brisk walk 5 min 2 x 10 min run / 1 min walk Cool down: 5 min walk	<b>Cross Training</b> 30 min	<b>Walk/Run</b> Warm up: Brisk walk 5 min 2 x 10 min run / 30 sec walk Cool down: 5 min walk	<b>Rest</b>
3		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 3 km easy without stopping Cool down: 5 min walk	<b>Cross Training</b> 40 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min Run 22 min without stopping running 10 x 30 sec hard, 1 min easy	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 15 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 4 km without stopping	<b>Rest</b>
		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 5 km	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min min easy and then 10 x 1 min hard, 1 min	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 15 min	<b>Easy Run</b> Warm up: Brisk walk 5 min Run 5 km	<b>Rest</b>
4		<b>Easy Run</b> Run 5.5 km	<b>Cross Training</b> 45 min	<b>Rest</b>	<b>Run</b> Warm up: Brisk walk 5 min min hard running interspersed during	<b>Cross Training / Easy Run</b> Cross training 30 min, or Easy run 15 min	<b>Easy Run</b> Run 5.5 km	<b>Rest</b>
		<b>Easy Run</b> Warm up: Brisk walk 5 min Run 5 km	<b>Cross Training</b> 35-40 min	<b>Run</b> Warm up: Brisk walk 5 min the first half of each km hard, and the	<b>Rest</b>	<b>Easy Run</b> 15 min	<b>Race</b> 5k race!	<b>Rest</b>