

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Walk/Run Warm up: Brisk walk 5 min 10 x 30 seconds run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Rest	Walk/Run Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Walk/Run Warm up: Brisk walk 5 min 12 x 1 min run / 1 min walk Cool down: 5 min walk	Rest
		Walk/Run Warm up: Brisk walk 5 min 10 x 90 sec run / 1 min walk Cool down: 5 min walk	Cross Training 20-30 min	Rest	Walk/Run Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Walk/Run Warm up: Brisk walk 5 min 10 x 90 sec run / 30 sec walk Cool down: 5 min walk	Rest
2		Walk/Run Warm up: Brisk walk 5 min 8 x 2:30 min run / 1 min walk Cool down: 5 min walk	Cross Training 30 min	Rest	Walk/Run Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	Cross Training 20-30 min	Walk/Run Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	Rest
		Walk/Run Warm up: Brisk walk 5 min 5 x 5 min run / 1 min walk Cool down: 5 min walk	Cross Training 35 min	Rest	Walk/Run Warm up: Brisk walk 5 min 2 x 10 min run / 1 min walk Cool down: 5 min walk	Cross Training 30 min	Walk/Run Warm up: Brisk walk 5 min 2 x 10 min run / 30 sec walk Cool down: 5 min walk	Rest
3		Easy Run Warm up: Brisk walk 5 min Run 2 miles easy without stopping Cool down: 5 min walk	Cross Training 40 min	Rest	Run Warm up: Brisk walk 5 min Run 22 min without stopping running 10 x 30 sec hard, 1 min easy	Cross Training / Easy Run Cross training 30 min, or Easy run 15 min	Easy Run Warm up: Brisk walk 5 min Run 2.5 miles without stopping	Rest
		Easy Run Warm up: Brisk walk 5 min Run 3 miles	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min min easy and then 10 x 1 min hard, 1 min	Cross Training / Easy Run Cross training 30 min, or Easy run 15 min	Easy Run Warm up: Brisk walk 5 min Run 3 miles	Rest
4		Easy Run Run 3.5 miles	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min 1 min hard running interspersed during	Cross Training / Easy Run Cross training 30 min, or Easy run 15 min	Easy Run Run 3.5 miles	Rest
		Easy Run Warm up: Brisk walk 5 min Run 3 miles	Cross Training 35-40 min	Run Warm up: Brisk walk 5 min the first half of each mile hard, and the	Rest	Easy Run 15 min	Race 5k race!	Rest