

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Walk / Run 8 x 1 min run 1.5 min walk	Rest Or Cross Train	Walk / Run 8 x 1 min run 1.5 min walk	Rest Or Cross Train	Walk / Run 8 x 1 min run 1.5 min walk	Rest Or Cross Train	Rest Day
2		Walk / Run 6 x 1.5 min run 2 min walk	Rest Or Cross Train	Walk / Run 6 x 1.5 min run 2 min walk	Rest Or Cross Train	Walk / Run 6 x 1.5 min run 2 min walk	Rest Or Cross Train	Rest Day
3		Walk / Run 5 x 2 min run 2 min walk	Rest Or Cross Train	Walk / Run 5 x 2.5 min run 2.5 min walk	Rest Or Cross Train	Walk / Run 5 x 2.5 min run 2.5 min walk	Rest Or Cross Train	Rest Day
4		Walk / Run 4 x 3 min run 2 min walk	Rest Or Cross Train	Walk / Run 4 x 3 min run 2 min walk	Rest Or Cross Train	Walk / Run 3 x 4 min run 2.5 min walk	Rest Or Cross Train	Rest Day
5		Walk / Run 3 x 5 min run 3 min walk	Rest Or Cross Train	Walk / Run 8 min run 5 min walk 8 min run	Rest Or Cross Train	20 mins running continuous	Rest Or Cross Train	Rest Day
6		Walk / Run 2 x 6 min run 2 min walk	Rest Or Cross Train	Walk / Run 10 min run 3 min walk 10 min run	Rest Or Cross Train	25 mins running continuous	Rest Or Cross Train	Rest Day
7		25 mins running continuous	Rest Or Cross Train	25 mins running continuous	Rest Or Cross Train	25 mins running continuous	Rest Or Cross Train	Rest Day
8		30 mins running continuous	Rest Or Cross Train	30 mins running continuous	Rest Or Cross Train	30 mins running continuous	Rest Day	Run 5k!