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| **Week** | **Workout 1** | **Workout 2** | **Workout 3** |
| **1** | Brisk five-minute warmup walk**Alternate 60 seconds ofjogging and 90 seconds ofwalking for a total of 20minutes.**Five-minute cooldown walk  | Brisk five-minute warmup walk**Alternate 60 seconds ofjogging and 90 seconds ofwalking for a total of 20minutes.**Five-minute cooldown walk  | Brisk five-minute warmup walk**Alternate 60 seconds ofjogging and 90 seconds ofwalking for a total of 20minutes.**Five-minute cooldown walk  |
| **2** | Brisk five-minute warmup walk**Alternate 90 seconds ofjogging and two minutesof walking for a total of 20minutes.**Five-minute cooldown walk  | Brisk five-minute warmup walk**Alternate 90 seconds ofjogging and two minutesof walking for a total of 20minutes.**Five-minute cooldown walk  | Brisk five-minute warmup walk**Alternate 90 seconds ofjogging and two minutesof walking for a total of 20minutes.**Five-minute cooldown walk  |
| **3** | Brisk five-minute warmup walk**2 repetitions of thefollowing:**Jog 200 yards (or 90 seconds)**Walk 200 yards (or 90 seconds)**Jog 400 yards (or 3 minutes)**Walk 400 yards (or 3 minutes)**Five-minute cooldown walk | Brisk five-minute warmup walk**2 repetitions of thefollowing:**Jog 200 yards (or 90 seconds)**Walk 200 yards (or 90 seconds)**Jog 400 yards (or 3 minutes)**Walk 400 yards (or 3 minutes)**Five-minute cooldown walk | Brisk five-minute warmup walk**2 repetitions of thefollowing:**Jog 200 yards (or 90 seconds)**Walk 200 yards (or 90 seconds)**Jog 400 yards (or 3 minutes)**Walk 400 yards (or 3 minutes)**Five-minute cooldown walk |
| **4** | Brisk five-minute warmup walk**Jog ¼ mile (or 3 minutes)**Walk 1/8 mile (or 90 seconds)**Jog ½ mile (or 5 minutes)**Walk ¼ mile (or 2.5 minutes)**Jog ¼ mile (or 3 minutes)**Walk 1/8 mile (or 90 seconds)**Jog ½ mile (or 5 minutes)**Five-minute cooldown walk  | Brisk five-minute warmup walk**Jog ¼ mile (or 3 minutes)**Walk 1/8 mile (or 90 seconds)**Jog ½ mile (or 5 minutes)**Walk ¼ mile (or 2.5 minutes)**Jog ¼ mile (or 3 minutes)**Walk 1/8 mile (or 90 seconds)**Jog ½ mile (or 5 minutes)**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog ¼ mile (or 3 minutes)**Walk 1/8 mile (or 90 seconds)**Jog ½ mile (or 5 minutes)**Walk ¼ mile (or 2.5 minutes)**Jog ¼ mile (or 3 minutes)**Walk 1/8 mile (or 90 seconds)**Jog ½ mile (or 5 minutes)**Five-minute cooldown walk |
| **5** | Brisk five-minute warmup walk**Jog ½ mile (or 5 minutes)**Walk ¼ mile (or 3 minutes)**Jog ½ mile (or 5 minutes)**Walk ¼ mile (or 3 minutes)**Jog ½ mile (or 5 minutes)**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog ¾ mile (or 8 minutes)**Walk ½ mile (or 5 minutes)**Jog ¾ mile (or 8 minutes)**Five-minute cooldown walk  | Brisk five-minute warmup walk**Jog two miles (or 20 minutes)with no walking**Five-minute cooldown walk |
| **6** | Brisk five-minute warmup walk**Jog ½ mile (or 5 minutes)**Walk ¼ mile (or 3 minutes)**Jog ¾ mile (or 8 minutes)**Walk ¼ mile (or 3 minutes)**Jog ½ mile (or 5 minutes)**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 1 mile (or 10 minutes)**Walk ¼ mile (or 3 minutes)**Jog 1 mile (or 10 minutes)**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 2.25 miles (or 22 minutes)with no walking**Five-minute cooldown walk |
| **7** | Brisk five-minute warmup walk**Jog 2.55 miles (or 25 minutes)with no walking**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 2.55 miles (or 25 minutes)with no walking**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 2.55 miles (or 25 minutes)with no walking**Five-minute cooldown walk |
| **8** | Brisk five-minute warmup walk**Jog 2.75 miles (or 28 minutes)with no walking**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 2.75 miles (or 28 minutes)with no walking**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 2.75 miles (or 28 minutes)with no walking**Five-minute cooldown walk |
| **9** | Brisk five-minute warmup walk**Jog 3 miles (or 30 minutes)with no walking**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 3 miles (or 30 minutes)with no walking**Five-minute cooldown walk | Brisk five-minute warmup walk**Jog 3 miles (or 30 minutes)with no walking**Five-minute cooldown walk |