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| **Week** | **Workout 1** | **Workout 2** | **Workout 3** |
| **1** | Brisk five-minute warmup walk  **Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.**  Five-minute cooldown walk | Brisk five-minute warmup walk  **Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.**  Five-minute cooldown walk | Brisk five-minute warmup walk  **Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.**  Five-minute cooldown walk |
| **2** | Brisk five-minute warmup walk  **Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.**  Five-minute cooldown walk | Brisk five-minute warmup walk  **Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.**  Five-minute cooldown walk | Brisk five-minute warmup walk  **Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.**  Five-minute cooldown walk |
| **3** | Brisk five-minute warmup walk  **2 repetitions of the following:** 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 the following:** 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 the following:** 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 |