|  |  |  |  |
| --- | --- | --- | --- |
| **Week** | **Workout 1** | **Workout 2** | **Workout 3** |
| **1** | 00:00-5:00: Warmup walk**5:00-6:00: Run**6:00-7:30: Walk**7:30-8:30: Run**8:30-10:00: Walk**10:00-11:00: Run**11:00-12:30: Walk**12:30-13:30: Run**13:30-15:00: Walk**15:00-16:00: Run**16:00-17:30: Walk**17:30-18:30: Run**18:30-20:00: Walk**20:00-21:00: Run**21:00-22:30: Walk**22:30-23:30: Run**23:30-25:00: Walk25:00-30:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-6:00: Run**6:00-7:30: Walk**7:30-8:30: Run**8:30-10:00: Walk**10:00-11:00: Run**11:00-12:30: Walk**12:30-13:30: Run**13:30-15:00: Walk**15:00-16:00: Run**16:00-17:30: Walk**17:30-18:30: Run**18:30-20:00: Walk**20:00-21:00: Run**21:00-22:30: Walk**22:30-23:30: Run**23:30-25:00: Walk25:00-30:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-6:00: Run**6:00-7:30: Walk**7:30-8:30: Run**8:30-10:00: Walk**10:00-11:00: Run**11:00-12:30: Walk**12:30-13:30: Run**13:30-15:00: Walk**15:00-16:00: Run**16:00-17:30: Walk**17:30-18:30: Run**18:30-20:00: Walk**20:00-21:00: Run**21:00-22:30: Walk**22:30-23:30: Run**23:30-25:00: Walk25:00-30:00: Cooldown Walk  |
| **2** | 00:00-5:00: Warmup walk**5:00-6:30: Run**6:30-8:30: Walk**8:30-10:00: Run**10:00-12:00: Walk**12:00-13:30: Run**13:30-15:30: Walk**15:30-17:00: Run**17:00-19:00: Walk**19:00-20:30: Run**20:30-22:30: Walk**22:30-24:00: Run**24:00-26:00: Walk26:00-30:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-6:30: Run**6:30-8:30: Walk**8:30-10:00: Run**10:00-12:00: Walk**12:00-13:30: Run**13:30-15:30: Walk**15:30-17:00: Run**17:00-19:00: Walk**19:00-20:30: Run**20:30-22:30: Walk**22:30-24:00: Run**24:00-26:00: Walk26:00-30:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-6:30: Run**6:30-8:30: Walk**8:30-10:00: Run**10:00-12:00: Walk**12:00-13:30: Run**13:30-15:30: Walk**15:30-17:00: Run**17:00-19:00: Walk**19:00-20:30: Run**20:30-22:30: Walk**22:30-24:00: Run**24:00-26:00: Walk26:00-30:00: Cooldown Walk  |
| **3** | 00:00-5:00: Warmup walk**5:00-6:30: Run**6:30-8:00: Walk**8:00-11:00: Run**11:00-14:00: Walk**14:00-15:30: Run**15:30-17:00: Walk**17:00-20:00: Run**20:00-23:00: Walk23:00-28:00: Cooldown Walk | 00:00-5:00: Warmup walk**5:00-6:30: Run**6:30-8:00: Walk**8:00-11:00: Run**11:00-14:00: Walk**14:00-15:30: Run**15:30-17:00: Walk**17:00-20:00: Run**20:00-23:00: Walk23:00-28:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-6:30: Run**6:30-8:00: Walk**8:00-11:00: Run**11:00-14:00: Walk**14:00-15:30: Run**15:30-17:00: Walk**17:00-20:00: Run**20:00-23:00: Walk23:00-28:00: Cooldown Walk  |
| **4** | 00:00-5:00: Warmup walk**5:00-8:00: Run**8:00-9:30: Walk**9:30-14:30: Run**14:30-17:00: Walk**17:00-20:00: Run**20:00-21:30: Walk**21:30-26:30: Run**26:30-30:00: Cooldown Walk | 00:00-5:00: Warmup walk**5:00-8:00: Run**8:00-9:30: Walk**9:30-14:30: Run**14:30-17:00: Walk**17:00-20:00: Run**20:00-21:30: Walk**21:30-26:30: Run**26:30-30:00: Cooldown Walk | 00:00-5:00: Warmup walk**5:00-8:00: Run**8:00-9:30: Walk**9:30-14:30: Run**14:30-17:00: Walk**17:00-20:00: Run**20:00-21:30: Walk**21:30-26:30: Run**26:30-30:00: Cooldown Walk |
| **5** | 00:00-5:00: Warmup walk**5:00-10:00: Run**10:00-13:00: Walk**13:00-18:00: Run**18:00-21:00: Walk**21:00-26:00: Run**26:00-30:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-13:00: Run**13:00-18:00: Walk**18:00-26:00: Run**26:00-30:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-25:00: Run**25:00-30:00: Cooldown Walk  |
| **6** | 00:00-5:00: Warmup walk**5:00-10:00: Run**10:00-13:00: Walk**13:00-21:00: Run**21:00-24:00: Walk**24:00-29:00: Run**29:00-34:00: Cooldown Walk | 00:00-5:00: Warmup walk**5:00-15:00: Run**15:00-18:00: Walk**18:00-28:00: Run**28:00-33:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-30:00: Run**30:00-35:00: Cooldown Walk |
| **7** | 00:00-5:00: Warmup walk**5:00-30:00: Run**30:00-35:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-30:00: Run**30:00-35:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-30:00: Run**30:00-35:00: Cooldown Walk  |
| **8** | 00:00-5:00: Warmup walk**5:00-33:00: Run**33:00-38:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-33:00: Run**33:00-38:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-33:00: Run**33:00-38:00: Cooldown Walk  |
| **9** | 00:00-5:00: Warmup walk**5:00-35:00: Run**35:00-40:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-35:00: Run**35:00-40:00: Cooldown Walk  | 00:00-5:00: Warmup walk**5:00-35:00: Run**35:00-40:00: Cooldown  |