|  |  |  |  |
| --- | --- | --- | --- |
| **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: Walk  25:00-30:00: 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: Walk  25:00-30:00: 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: Walk  25:00-30:00: 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: Walk 26:00-30:00: 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: Walk 26:00-30:00: 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: Walk 26:00-30:00: 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: Walk  23:00-28:00: 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: Walk  23:00-28:00: 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: Walk  23:00-28:00: 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 |