

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Walk / Jog	Walk / Jog	Rest	Walk / Jog	Walk / Jog	Walk	Walk / Jog
		Walk/jog for 10 minutes, taking walking breaks as needed	Walk/jog for 10 minutes, taking walking breaks as needed		Walk/jog for 15 minutes, taking walking breaks as needed	Walk/jog for 15 minutes, taking walking breaks as needed	Walk 15 minutes	Walk/jog for 15 minutes, taking walking breaks as needed
2		Walk / Jog	Walk	Jog	Rest	Jog	Walk	Jog
		Jog for 5 minutes without stopping, walk for 2 minutes, jog for 5 minutes without stopping, walk for 2 minutes	Walk 30 minutes	Jog for 10 minutes without stopping		Jog for 15 minutes without stopping	Walk 30 minutes	Jog for 20 minutes without stopping
3		Walk /Jog/Run	Rest	Jog/Run	Walk	Jog	Rest	Walk /Jog/Run
		-Walk 5 minutes -Jog 5 minutes -Run 1 minute Repeat 3 times		Jog 20 minutes without stopping with 3 x 30- secs of faster running in the middle of your jog	Walk 40 minutes	Jog for 25 minutes without stopping		-Walk 1 minute -Jog 3 minutes -Run 1 minute Repeat 6 times
4		Jog/Run	Rest	Walk /Jog/Run	Walk	Run	Rest	Jog
		Jog 25 minutes without stopping with 3 x 60- secs of faster running in the middle of your jog		-Walk 1 minute -Jog 3 minutes -Run 3 minute Repeat 4 times	Walk 45 minutes	Run for 10 minutes without stopping		Jog for 30 minutes without stopping

Walk Jog

Xiang Xie



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