

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Warm-Up:</b>	Dynamic stretch and vigorous 5 minute walk	Dynamic stretch and vigorous 5 minute walk	Dynamic stretch and vigorous 5 minute walk
<b>Week 1</b>	Complete the following: • Alternate 60 seconds of jogging and 90 seconds of walking for 8 rounds (Approximately 20 minutes)	Complete the following: • Alternate 90 seconds of jogging and 90 seconds of walking for 5 rounds (Approximately 22 minutes)	Complete the following: • Alternate 90 seconds of jogging and 90 seconds (Approximately 22 minutes)
<b>Week 2</b>	Repeat the following two times: • Jog 90 seconds/walk 90 seconds • Jog 3 minutes/walk 3 minutes (Approximately 20 minutes)	Repeat the following two times: • Jog 90 seconds/walk 90 seconds • Jog 3 minutes/walk 3 minutes (Approximately 19 minutes)	Complete the following: • Jog 3 minutes/walk 90 seconds • Jog 5 minutes/walk 3 minutes • Jog 3 minutes/walk 90 seconds • Jog 5 minutes (Approximately 23 minutes)
<b>Week 3</b>	Complete the following: • Jog 3 minutes/walk 90 seconds • Jog 5 minutes/walk 2 ½ minutes • Jog 3 minutes/walk 90 seconds • Jog 5 minutes (Approximately 24 minutes)	Complete the following: • Jog 5 minutes/walk 3 minutes • Jog 5 minutes/walk 3 minutes • Jog 5 minutes (Approximately 21 minutes)	Complete the following: • Jog 10 minutes/walk 3 minutes • Jog 5 minutes/walk 2 minutes • Jog 5 minutes (Approximately 25 minutes)
<b>Week 4</b>	Complete the following: • Jog 5 minutes/walk 3 minutes • Jog 8 minutes/walk 3 • Jog 5 minutes (Approximately 24 minutes)	Complete the following: • Jog 10 minutes/walk 3 minutes • Jog 10 minutes (Approximately 23 minutes)	Jog 25 minutes straight
<b>Week 5</b>	Jog 28 minutes straight	Jog 28 minutes straight	Jog 28 minutes straight
<b>Week 6</b>	Jog 30 minutes straight	Jog 30 minutes straight	Jog 30 minutes straight
<b>Cool-down:</b>	5 minute walk, 5-7 minutes of stretching	5 minute walk, 5-7 minutes of stretching	5 minute walk, 5-7 minutes of stretching