

Learn To Run

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Walk 3 min brisk walk 1 min x 6 = 24min	Off	Walk 3 min brisk walk 1 min x 6 = 24min	Easy walk 30 min	Walk 3 min brisk walk 1 min x 6 = 24min	Off	30-45 min easy walk
Week2	Walk 2.5 min brisk walk 1 min x 8 = 28min	Off	Walk 2.5 min brisk walk 1 min x 8 = 28min	Easy walk 30-45 min	Walk 2.5 min brisk walk 1 min x 8 = 28min	Off	45 min easy walk
Week 3	Walk 3 min Run 30 sec x 7 = 24.5min	Off	Walk 3 min Run 30 sec x 7 = 24.5min	Easy walk 45 min	Walk 3 min Run 30 sec x 7 = 24.5min	Off	45-60 min easy walk
Week 4	Walk 2 min Run 1 min x 7 = 28min	Off	Walk 2 min Run 1 min x 7 = 28min	Easy walk 30 min	Walk 2 min Run 1 min x 7 = 28min	Off	60 min easy walk
Week 5	Walk 2 min Run 1.5 min x 8 = 28min	Off	Walk 2 min Run 1.5 min x 8 = 28min	Easy walk 30-45 min	Walk 2 min Run 1.5 min x 8 = 28min	Off	60 min easy walk
Week 6	Walk 2 min Run 2 min x 8 = 32min	Off	Walk 2 min Run 2 min x 8 = 32min	Easy walk 45 min	Walk 2 min Run 2 min x 8 = 32min	Off	60-90 min easy walk
Week 7	Walk 1 min Run 2 min x 10 = 30min	Off	Walk 1 min Run 2 min x 10 = 30min	Easy walk 45 min	Walk 1 min Run 2 min x 10 = 30min	Off	60-90 min easy walk
Week 8	Walk 1 min Run 3 min x 8 = 32min	Off	Walk 1 min Run 3 min x 8 = 32min	Easy walk 45 min	Walk 1 min Run 3 min x 8 = 32min	Off	90 min easy walk
Week 9	Walk 1 min Run 4 min x 7 = 35min	Off	Walk 1 min Run 4 min x 7 = 35min	Easy walk 45 min	Walk 1 min Run 4 min x 7 = 35min	Off	90 min easy walk
Week 10	Walk 1 min Run 5 min x 7 = 42min	Off	Walk 1 min Run 5 min x 7 = 42min	Easy walk 45 min	Walk 1 min Run 5 min x 7 = 42min	5 KM Event !	