

Week 1

Monday: 20min walking

Tuesday: 10min walking

Wednesday: rest

Thursday: 15min walking

Friday: 10min walking

Saturday: 25min walking

Sunday: rest

Week 2

Monday: 20min walking/jogging

Tuesday: 15min walking

Wednesday: rest

Thursday: 20min walking

Friday: 15min walking

Saturday: 30min walking/jogging

Sunday: rest

Week 3

Monday: 25min walking/jogging

Tuesday: 20min brisk walking

Wednesday: 10min walking

Thursday: 15min walking/jogging

Friday: 20min walking

Saturday: 1/2 miles easy running

Sunday: rest

Week 4

Monday: 2 miles easy running

Tuesday: 25min brisk walking

Wednesday: 15min walking

Thursday: 20min jogging

Friday: rest

Saturday: 2 miles easy running

Sunday: rest

Week 5

Monday: 2 miles easy running

Tuesday: 30min brisk walking

Wednesday: 40min walking

Thursday: 2.5 miles easy running

Friday: 35min walking

Saturday: 2 miles easy running

Sunday: rest

Week 6

Monday: 2 miles easy running

Tuesday: 40min brisk walking

Wednesday: 20min walking

Thursday: rest

Friday: 30min walking

Saturday: 2 miles easy running

Sunday: rest

Week 7

Monday: 2 miles easy running

Tuesday: 45min brisk walking

Wednesday: 2.5 miles easy running

Thursday: rest

Friday: 20min walking

Saturday: 3 miles easy running

Sunday: rest

Week 8

Monday: 2.5 miles easy running

Tuesday: 60min brisk walking

Wednesday: 2.5 miles easy running

Thursday: 20min easy walking

Friday: 25min brisk walking

Saturday: 5K RACE

Sunday: rest