

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Rest or 20 min walk	5 min brisk walk to warm up. Then 3 Rounds of 90 secs of jogging then 90 secs of walking, then 3 mins of jogging, 3 mins of walking.	Rest or walk	5 min brisk walk to warm up. Then 3 Rounds of 90 secs of jogging then 90 secs of walking, then 3 mins of jogging, 3 mins of walking	Rest	5 min brisk walk to warm up. Then 3 Rounds of 90 secs of jogging then 90 secs of walking, then 3 mins of jogging, 3 mins of walking	Rest
20- 30 min Walk	5 min brisk walk to warm up. Then jog 3 mins (1/4 mile), walk for 90 secs (1/8 mile), jog 5 mins (1/2 mile), walk 2.5 mins (1/4 mile), jog 3 mins, walk 90 secs, and finish with 5 min jog.	Rest or walk	5 min brisk walk to warm up. Then jog 3 mins (1/4 mile), walk for 90 secs (1/8 mile), jog 5 mins (1/2 mile), walk 2.5 mins (1/4 mile), jog 3 mins, walk 90 secs, and finish with 5 min jog.	Rest	5 min brisk walk to warm up. Then jog 3 mins (1/4 mile), walk for 90 secs (1/8 mile), jog 5 mins (1/2 mile), walk 2.5 mins (1/4 mile), jog 3 mins, walk 90 secs, and finish with 5 min jog.	Rest
20-30 min Walk	5 min brisk walk to warm up. Then jog 5 mins (1/2 mile), walk 3 mins (1/4 mile), jog 5 mins, walk 3 mins, and finish with 5 min jog.	Rest or walk	5 min brisk walk to warm up. Then jog 10 mins (1 mile), walk 3 mins (1/4 mile), then jog 10 mins.	Rest	5 min brisk walk to warm up. Then jog 20-25 mins (2 ¼ miles).	Rest
20-30 min Walk	5 min brisk walk to warm up. 2.5 mile run (25 mins)	Rest or walk	5 min brisk walk to warm up. 2.5 mile run (25 mins)	Rest	5 min brisk walk to warm up. 2.5 mile run (25 mins)	Rest