

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Jog 2 minutes/Walk 3 minutes x 5	Walk 20 minutes and Strength/Mobility	Jog 2 minutes/Walk 3 minutes x 6	Walk 20 minutes and Strength/Mobility	Rest	Jog 2.5 minutes/Walk 2.5 minutes x 6	Rest
WEEK 2	Jog 2.5 minutes/Walk 2.5 minutes x 6	Walk 20 minutes and Strength/Mobility	Jog 3 minutes/Walk 2 minutes x 6	Walk 20 minutes and Strength/Mobility	Rest	Jog 3 minutes/Walk 2 minutes x 6	Rest
WEEK 3	Jog 3.5 minutes/Walk 2 minutes x 6	Walk 20 minutes and Strength/Mobility	Jog 3.5 minutes/Walk 1.5 minutes x 6	Walk 20 minutes and Strength/Mobility	Rest	Jog 4 minutes/Walk 1 minute x 6	Rest
WEEK 4	Jog 4 minutes/Walk 2 minutes x 6	Walk 20 minutes and Strength/Mobility	Jog 5 minutes/Walk 2 minutes x 6	Walk 20 minutes/Strength	Rest	Jog 5 minutes/Walk 1 minutes x 6	Rest
WEEK 5	Jog 5 minutes/Walk 2 minutes x 4	Walk 20 minutes and Strength/Mobility	Jog 6 minutes/Walk 2 minutes x 4	Walk 20 minutes and Strength/Mobility	Rest	Jog 7 minutes/Walk 2 minutes x 3, Jog 5 minutes	Rest
WEEK 6	Jog 6 minutes/Walk 2 minute x 4	Walk 20 minutes and Strength/Mobility	Jog 6 minutes/Walk 1 minute x 4	Walk 20 minutes and Strength/Mobility	Rest	Jog 7 minutes/Walk 2 minutes x 3, Jog 5 minutes	Rest
WEEK 7	Jog 6 minutes/Walk 2 minutes x 4	Walk 20 minutes and Strength/Mobility	Jog 6 minutes/Walk 2 minutes x 5	Walk 20 minutes and Strength/Mobility	Rest	Jog 8 minutes/Walk 3 minutes x 3, Jog 5 minutes	Rest
WEEK 8	Jog 7 minutes/Walk 2 minutes x 4	Walk 20 minutes and Strength/Mobility	Jog 7 minutes/Walk 1 minutes x 4	Walk 20 minutes and Strength/Mobility	Rest	Jog 8 minutes/Walk 3 minutes x 3, Jog 5 minutes	Rest
WEEK 9	Jog 7 minutes/Walk 2 minutes x 4	Walk 20 minutes and Strength/Mobility	Jog 7 minutes/Walk 1 minutes x 4	Walk 20 minutes and Strength/Mobility	Rest	Jog 10 minutes/Walk 3 minutes x 2, Jog 5 minutes	Rest
WEEK 10	Jog 4 minutes/Walk 2 minute x 4	Walk 20 minutes	Jog 3 minutes/Walk 2 minutes x 4	Walk 20 minutes	Rest	RACE DAY 5K!	