

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Day 1	<p>Walk briskly for 5 minutes.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 1 minute of easy running 1 minute 30 seconds of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 1 minute of easy running 1 minute of brisk walking <p>After that, complete 3 repetitions of:</p> <ul style="list-style-type: none"> 2 minutes of easy running 1 minute 30 seconds of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 5 repetitions of:</p> <ul style="list-style-type: none"> 3 minutes of easy running 2 minutes of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 4 repetitions of:</p> <ul style="list-style-type: none"> 5 minutes of easy running 1 minute of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 4 repetitions of:</p> <ul style="list-style-type: none"> 800 meters of easy running 2 minutes of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 2 repetitions of:</p> <ul style="list-style-type: none"> 1 km of comfortable running (you should be able to speak in short sentences) 3 minutes of brisk walking 500 meters of comfortable running 1 minute 30 seconds of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 3 repetitions of:</p> <ul style="list-style-type: none"> 1 km of comfortable running (you should be able to speak in short sentences) 3 minutes of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 3 repetitions of:</p> <ul style="list-style-type: none"> 1500 meters of easy running (you should be able to hold a conversation) 2 minutes of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then run comfortably for 20 minutes (you should be able to speak in short sentences).</p> <p>Finish with 5 minutes of easy walking.</p>
Day 2	<p>Walk briskly for 5 minutes.</p> <p>Then complete 6 repetitions of:</p> <ul style="list-style-type: none"> 1 minute 30 seconds of easy running 1 minute 30 seconds of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 1 minute of easy running 1 minute of brisk walking <p>After that, complete 2 repetitions of:</p> <ul style="list-style-type: none"> 3 minutes of easy running 2 minutes of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 5 repetitions of:</p> <ul style="list-style-type: none"> 3 minutes of easy running 1 minute of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Run at an easy pace for 10 minutes.</p> <p>Then complete 2 repetitions of:</p> <ul style="list-style-type: none"> 1 km of easy running 3 minutes of brisk walking <p>Finish with 10 minutes of easy walking.</p>	<p>Run at an easy pace for 10 minutes.</p> <p>Then complete 4 repetitions of:</p> <ul style="list-style-type: none"> 25 seconds of fast running 1 minute 15 seconds of brisk walking 25 seconds of fast running 1 minute of brisk walking <p>Finish with 1 minute of easy walking.</p>	<p>Run at an easy pace for 10 minutes.</p> <p>Then complete 6 repetitions of:</p> <ul style="list-style-type: none"> 15 seconds of fast running (moderate-high intensity) 1 minute of brisk walking <p>After the last repetition, take 2 minutes of easy walking.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 10 seconds of fast running (higher intensity than before, but not an all-out sprint) 45 seconds of brisk walking <p>Finish with 10 minutes of easy walking.</p>	<p>Run at an easy pace for 10 minutes.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 15 seconds of fast running (moderate-high intensity) 45 seconds of brisk walking <p>After that, take 3 minutes of easy walking for recovery.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 15 seconds of fast running (moderate-high intensity) 45 seconds of brisk walking <p>Finish with 10 minutes of easy walking.</p>	<p>Run at an easy pace for 10 minutes.</p> <p>Then complete the following pyramid workout:</p> <ul style="list-style-type: none"> 15 sec of fast running 45 sec of brisk walking 20 sec of fast running 1 min of brisk walking 30 sec of fast running 1 min 30 sec of brisk walking 40 sec of fast running 2 min of brisk walking 40 sec of fast running 2 min of brisk walking 30 sec of fast running 1 min 30 sec of brisk walking 15 sec of fast running 45 sec of brisk walking 15 sec of fast running 45 sec of brisk walking <p>Finish with 1 km of easy running.</p>	<p>Run at an easy pace for 10 minutes.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 1 km of progressive running (start easy and gradually increase your pace, finishing a little faster without reaching your maximum effort) 1 minute of brisk walking <p>Finish with 5 minutes of easy walking.</p>
Day 3	<p>Walk briskly for 5 minutes.</p> <p>Then complete 5 repetitions of:</p> <ul style="list-style-type: none"> 2 minutes of easy running 1 minute 30 seconds of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 8 repetitions of:</p> <ul style="list-style-type: none"> 2 minutes of easy running 1 minute of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 5 repetitions of:</p> <ul style="list-style-type: none"> 4 minutes of easy running 2 minutes of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete:</p> <ul style="list-style-type: none"> 8 min of easy running 3 min of brisk walking 7 min of easy running 2 min 30 sec of brisk walking 6 min of easy running 2 min of brisk walking 4 min of easy running <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 2 repetitions of:</p> <ul style="list-style-type: none"> 10 minutes of easy running (you should be able to hold a comfortable conversation) 3 minutes 30 seconds of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 3 repetitions of:</p> <ul style="list-style-type: none"> 4 minutes of comfortable running (you should be able to speak in short sentences) 1 minute 30 seconds of brisk walking <p>After that, run comfortably for 12 minutes.</p> <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 3 repetitions of:</p> <ul style="list-style-type: none"> 4 minutes of comfortable running (you should be able to speak in short sentences) 1 minute 30 seconds of brisk walking <p>After that, run comfortably for 20 minutes.</p> <p>Finish with 5 minutes of easy walking.</p>	<p>Walk briskly for 5 minutes.</p> <p>Then complete 2 repetitions of:</p> <ul style="list-style-type: none"> 15 minutes of comfortable running (you should be able to speak in short sentences) 3 minutes 30 seconds of brisk walking <p>Finish with 5 minutes of easy walking.</p>	<p>The final workout! Congratulations!</p> <p>Walk briskly for 5 minutes.</p> <p>Then run 5 km at a comfortable pace.</p> <p>Finish with 5 minutes of easy walking.</p>

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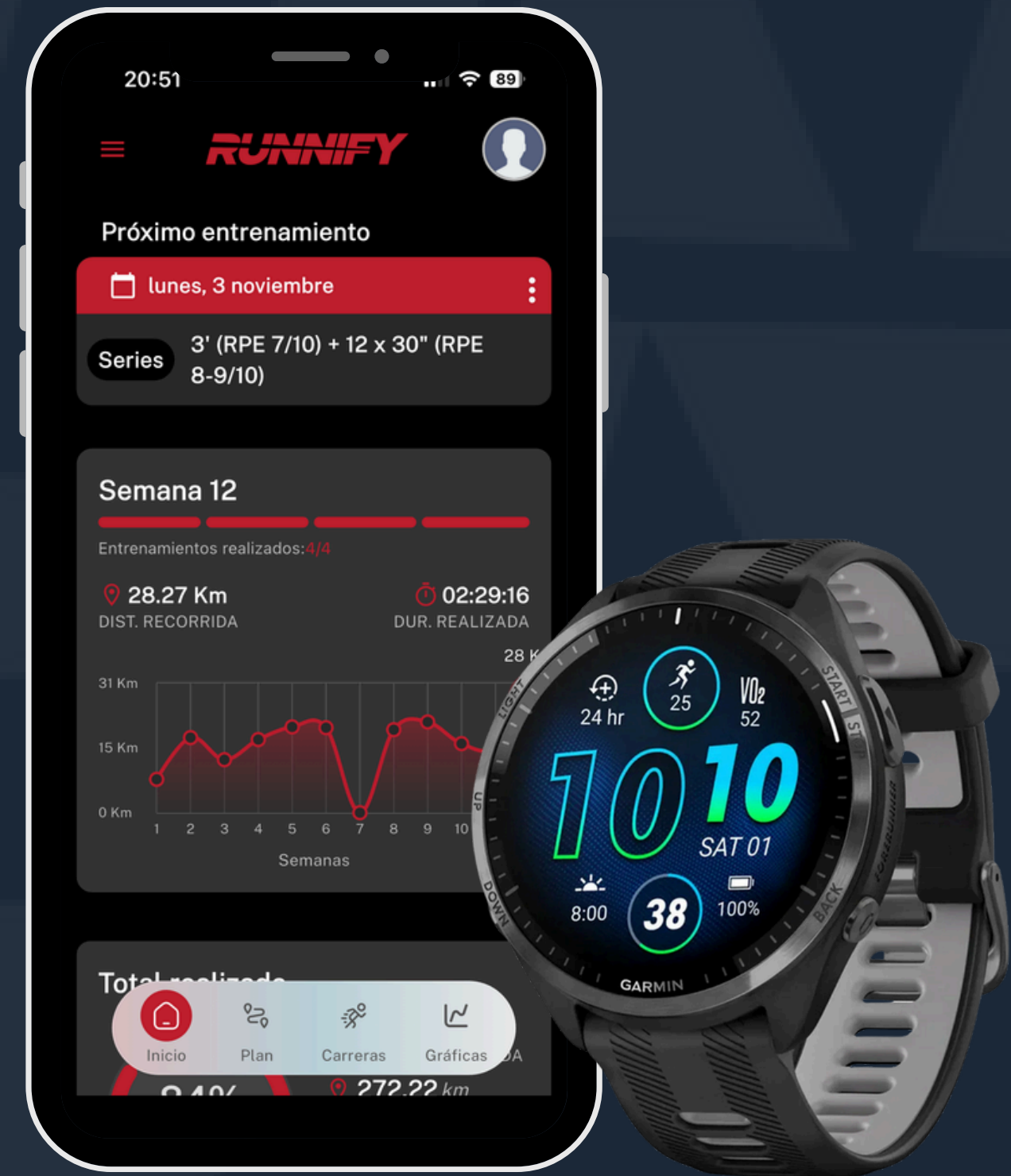
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