

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Walk 30 min	Walk & Run 20 min (1 min walk & 30 second run)	Rest and Stretch	Strength Train Cardio warm up (5-10 min, light) 2 sets each (15 squats, 10 lunges, 30 sec plank, & 10 push-ups)	Run 15 min (5 min slow, 5 min moderate & 5 min fast(ish))	Walk & Run 1.5 miles (2 min walk & 1 min run)	Rest and Stretch
WEEK 2	Walk 30 min	Run 15 min (5 min slow, 5 min moderate & 5 min fast(ish))	Rest and Stretch	Strength Train Cardio warm up (5-10 min, light) 3 sets each (20 squats, 20 lunges, 45 sec plank, & 12 push-ups)	Walk & Run 30 min (1 min walk & 45 sec run)	Walk & Run 1.5 miles (2 min walk & 1.5 min run)	Rest and Stretch
WEEK 3	Walk 30 min or more	Run 20 min (5 min slow, increase speed every 5 min)	Rest and Stretch	Cross Train Bike or hike	Walk & Run 30 min (1 min walk & 45 sec run)	Walk & Run 2 miles (2 min walk & 2 min run)	Rest and Stretch
WEEK 4	Walk 30 min or more	Walk & Run 30 min (1 min walk & 5 min run)	Rest and Stretch	Strength Train Cardio warm up (5-10 min, light) 4 sets each (25 squats, 25 lunges, 1 min plank, & 15 push-ups)	Run 20 min (5 min slow, increase speed every 5 min)	Walk & Run 2.5 miles (2 min walk & 2 min run)	Rest and Stretch
WEEK 5	Walk 30 min or more	Run 20 min (5 min slow, increase speed every 5 min)	Rest and Stretch	Strength Train Cardio warm up (5-10 min, light) 3 sets each (25 squats, 25 lunges, 1 min plank, & 15 push-ups)	Walk & Run 30 min (1 min walk & 45 sec run)	Walk & Run 2.5 miles (1 min walk & 2 min run)	Rest and Stretch
WEEK 6	Walk 30 min or more	Walk & Run 30 min (1 min walk & 5 min run)	Rest and Stretch	Cross Train Bike or hike	Run 20 min (5 min slow, increase speed every 5 min)	Walk & Run 3 miles (1 min walk & 2 min run)	Rest and Stretch