

### WEEK 1

**MONDAY 19 JUNE**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	Mix up periods of running with walking for a total of 10 minutes.	Rest Day	Rest Day	Mix up periods of running with walking for a total of 15 minutes.	Rest Day	Mix up periods of running with walking for a total of 10 minutes.

### WEEK 2

**MONDAY 26 JUNE**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	Mix up periods of running with walking for a total of 15 minutes.	Rest Day	Rest Day	10 minutes of easy running.	Rest Day	20 minutes of easy running.

### WEEK 3

**MONDAY 3 JULY**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	15 minutes of easy running.	Rest Day	Rest Day	15 minutes of easy running.	Rest Day	20 minutes of easy running.

### WEEK 4

**MONDAY 10 JULY**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	15 minutes of easy running.	Rest Day	Rest Day	20 minutes of easy running.	Rest Day	20 minutes of easy running.

### WEEK 5

**MONDAY 17 JULY**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	15 minutes of easy running.	Rest Day	20 minutes of easy running.	Rest Day	10 minutes of easy running.	25 minutes of easy running.

### WEEK 6

**MONDAY 24 JULY**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	15 minutes of easy running.	Rest Day	20 minutes of easy running.	Rest Day	10 minutes of easy running.	40 minutes of easy running.

### WEEK 7

**MONDAY 31 JULY**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	25 minutes of easy running.	Rest Day	15 minutes of easy running.	50 minutes of easy running.

### WEEK 8

#### MONDAY 7 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	30 minutes of easy running.	Rest Day	10 minutes of easy running.	60 minutes of easy running.

### WEEK 9

#### MONDAY 14 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	30 minutes of easy running.	Rest Day	15 minutes of easy running.	70 minutes of easy running.

### WEEK 10

#### MONDAY 21 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	20 minutes of easy running.	Rest Day	20 minutes of easy running.	80 minutes of easy running.

### WEEK 11

#### MONDAY 28 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	15 minutes of easy running.	Rest Day	20 minutes of easy running.	Rest Day	10 minutes of easy running.	40 minutes of easy running.

### WEEK 12

#### MONDAY 4 SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	15 minutes of easy running.	Rest Day	10 minutes of easy running, or rest if you prefer.	