

WEEK 1

MONDAY 19 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.	Rest Day	Rest Day	20 minutes of brisk walking.	Rest Day	1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.

WEEK 2

MONDAY 26 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	Rest Day	1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.	Rest Day	1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 1½ miles.

WEEK 3

MONDAY 3 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of brisk walking.	Rest Day	Rest Day	1 minute of easy running followed by 1 minute of easy walking, repeated 10 times.	Rest Day	1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles.

WEEK 4

MONDAY 10 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	25 minutes of brisk walking.	Rest Day	Rest Day	3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	Rest Day	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.

WEEK 5

MONDAY 17 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	25 minutes of brisk walking.	Rest Day	Rest Day	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.	Rest Day	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.

WEEK 6

MONDAY 24 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	25 minutes of brisk walking.	Rest Day	Rest Day	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.	Rest Day	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.

WEEK 7

MONDAY 31 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of brisk walking.	Rest Day	Rest Day	2 minutes of easy running followed by 2 minutes of easy walking, repeated 9 times.	Rest Day	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 6 miles.

WEEK 8

MONDAY 7 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of brisk walking.	Rest Day	Rest Day	4 minutes of easy running followed by 1 minutes of easy walking, repeated 6 times.	Rest Day	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 7 miles.

WEEK 9

MONDAY 14 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of brisk walking.	Rest Day	Rest Day	4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.	Rest Day	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 8 miles.

WEEK 10

MONDAY 21 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of brisk walking.	Rest Day	Rest Day	4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.	30 minutes of easy running.	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 10 miles.

WEEK 11

MONDAY 28 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of brisk walking.	Rest Day	Rest Day	4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times.	Rest Day	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.

WEEK 12

MONDAY 4 SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy walking.	Rest Day	Rest Day	10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.	Rest Day	