

RUN / WALK

training plan

Weeks one and two

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	jog 1 min / walk 2 mins (repeat x 5)	0.20	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	jog 1 min / walk 2 mins (repeat x 6)	0.23	post-session stretch
Friday		Rest or brisk 20 min walk		
Saturday		Rest		
Sunday	5 min brisk walk	jog 1 min / walk 1 min (repeat x 10)	0.25	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	jog 2 mins / walk 2 mins (repeat x 5)	0.25	post-session stretch
Wednesday		rest		
Thursday	5 min brisk walk	jog 2 mins / walk 2 mins (repeat x 6)	0.29	post-session stretch
Friday		Rest or brisk 20 min walk		
Saturday				
Sunday	5 min brisk walk	jog 3 mins / walk 2 mins (repeat x 5)	0.29	post-session stretch

Weeks three and four

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	jog 3 min / walk 2 mins (repeat x 4)	0.25	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	jog 3 min / walk 2 mins (repeat x 5)	0.30	post-session stretch
Friday		Rest or brisk 20 min walk		
Saturday		Rest		
Sunday	5 min brisk walk	jog 4 min / walk 2 mins (repeat x 5)	0.35	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	jog 5 mins / walk 2 mins (repeat x 3)	0.26	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	jog 5 mins / walk 2 mins (repeat x 4)	0.33	post-session stretch
Friday		Rest or brisk 20 min walk		
Saturday		Rest		
Sunday	5 min brisk walk	jog 7 mins / walk 2 mins (repeat x 3)	0.32	post-session stretch

RUN / WALK

training plan

Weeks five and six

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	jog 7 min / walk 2 mins (repeat x 3)	0.32	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	jog 7 min / walk 1 mins (repeat x 3)	0.29	post-session stretch
Friday		Rest or brisk 25 min walk		
Saturday		Rest		
Sunday	5 min brisk walk	jog 8 min / walk 2 mins (repeat x 3)	0.35	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	jog 8 mins / walk 2 mins (repeat x 3)	0.35	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	jog 10 mins / walk 2 mins (repeat x 3)	0.41	post-session stretch
Friday		Rest or brisk 30 min walk		
Saturday				
Sunday	5 min brisk walk	jog 1 mile / walk 2 mins (repeat x 2)	0.33	post-session stretch

Weeks seven and eight

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	jog 12 min / walk 2 mins (repeat x 3)	0.47	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	jog 12 min / walk 1 min (repeat x 3)	0.44	post-session stretch
Friday		Rest or brisk 20 min walk		
Saturday		Rest		
Sunday	5 min brisk walk	jog 2 miles / walk 5 mins to cool down	0.34	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	jog 15 mins / walk 2 mins (repeat x 2)	0.39	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	jog 15 mins / walk 1 mins (repeat x 2)	0.37	post-session stretch
Friday		Rest or brisk 30 min walk		
Saturday		Rest		
Sunday	5 min brisk walk	jog 3 miles / walk 2 mins	0.43	post-session stretch