

Walk/Run Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run for 1 minute Walk for 2 minutes Repeat 10 times	Walk for 30 minutes	Run for 1 minute Walk for 2 minutes Repeat 10 times	Walk for 30 minutes	Run for 1 minute Walk for 2 minutes Repeat 10 times	Run for 1 minute Walk for 2 minutes Repeat 10 times	Rest
2	Run for 2 minutes Walk for 1 minute Repeat 10 times	Walk for 30 minutes	Run for 3 minutes Walk for 1 minute Repeat 7 times Run for 2 minutes	Walk for 30 minutes	Run for 4 minutes Walk for 1 minute Repeat 6 times	Run for 4 minutes Walk for 1 minute Repeat 6 times	Rest
3	Run for 5 minutes Walk for 1 minute Repeat 5 times	Walk for 30 minutes	Run for 5 minutes Walk for 1 minute Repeat 5 times	Walk for 30 minutes	Run for 6 minutes Walk for 1 minute Repeat 4 times Run for 2 minutes	Run for 6 minutes Walk for 1 minute Repeat 4 times Run for 2 minutes	Rest
4	Run for 8 minutes Walk for 1 minute Repeat 3 times Run for 3 minutes	Walk for 30 minutes	Run for 8 minutes Walk for 1 minute Repeat 3 times Run for 3 minutes	Walk for 30 minutes	Run for 10 minutes Walk for 1 minute Repeat 2 times Run for 8 minutes	Run for 10 minutes Walk for 1 minute Repeat 2 times Run for 8 minutes	Rest
5	Run for 12 minutes Walk for 1 minute Repeat 2 times Run for 4 minutes	Walk for 30 minutes	Run for 13 minutes Walk for 1 minute Repeat 2 times Run for 2 minutes	Walk for 30 minutes	Walk for 14 minutes Walk for 1 minute Repeat 2 times	Run for 15 minutes Walk for 1 minute Run for 14 minutes	Rest
6	Run for 16 minutes Walk for 1 minute Run for 13 minutes	Walk for 30 minutes	Run for 17 minutes Walk for 1 minute Run for 12 minutes	Walk for 30 minutes	Run for 18 minutes Walk for 1 minute Run for 11 minutes	Run for 19 minutes Walk for 1 minute Run for 10 minutes	Rest
7	Run for 20 minutes Walk for 1 minute Run for 9 minutes	Run for 20 minutes Walk for 1 minute Run for 9 minutes	Run for 22 minutes Walk for 1 minute Run for 7 minutes	Walk for 30 minutes	Run for 24 minutes Walk for 1 minute Run for 5 minutes	Run for 26 minutes Walk for 1 minute Run for 3 minutes	Rest
8	Run for 27 minutes Walk for 1 minute Run for 2 minutes	Run for 20 minutes Walk for 1 minute Run for 9 minutes	Run for 28 minutes Walk for 1 minute Run for 1 minute	Walk for 30 minutes	Run for 29 minutes Walk for 1 minute	Run for 30 minutes	Rest