

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Starter 1.5K and Starter 3K

Jogging Periods

Jog at a speed of approximately 5 RPE.

Walking Periods

Walk at a speed of approximately 3 RPE.

Race!

Jog at a speed of approximately 6 RPE.

Walk+Jog 5K and Walk+Jog 10K

Jogging Periods

Jog at a speed of approximately 6 RPE.

Walking Periods

Walk at a speed of approximately 4 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Beginner, Intermediate, and Advanced Training Plans

Recovery Days

Jog at a speed of approximately 4/5 RPE.

Pace Days

Jog at a speed of approximately 5/6 RPE.

Distance Days

Jog at a speed of approximately 5 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Always consult with your physician before starting any new exercise program!

Walk+Jog 10K

10 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>	Jog 1:30 min Walk 3:30 min <i>Repeat 6 times</i>
Week 2	Walk 20 min Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Walk 20 min Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Walk 20 min Jog 2:15 min Walk 2:45 min <i>Repeat 6 times</i>
Week 3	Walk 20 min Jog 1:45 min Walk 3:15 min <i>Repeat 5 times</i>	Walk 20 min Jog 2:30 min Walk 2:30 min <i>Repeat 6 times</i>	Walk 20 min Jog 3:30 Walk 1:30 Jog 3 Walk 2 <i>Repeat 3 times</i> Walk 20 min
Week 4	Walk 20 min Jog 2:30 Walk 2:30 <i>Repeat 5 times</i>	Walk 20 min Jog 3:15 Walk 1:45 <i>Repeat 6 times</i>	Walk 20 min Jog 4:15 Walk 45 sec <i>Repeat 6 times</i>
Week 5	Walk 25 min Jog 3:15 Walk 1:14 <i>Repeat 5 times</i>	Walk 20 min Jog 4 min Walk 1 min <i>Repeat 6 times</i>	Walk 20 min Jog 5 Walk 1 <i>Repeat 6 times</i>
Week 6	Walk 30 min Jog 4 Walk 2 <i>Repeat 5 times</i>	Walk 25 min Jog 4:45 min Walk 2:15 min <i>Repeat 6 times</i>	Walk 15 min Jog 5:45 Walk 1:15 <i>Repeat 6 times</i>
Week 7	Walk 15 min Jog 4:30 Walk 1:30 <i>Repeat 5 times</i>	Walk 10 min Jog 5:30 min Walk 1:30 min <i>Repeat 6 times</i>	Walk 10 min Jog 6:30 Walk 1:30 <i>Repeat 6 times</i>
Week 8	Walk 15 min Jog 5 Walk 1 <i>Repeat 5 times</i>	Walk 10 min Jog 6:15 Walk 45 sec <i>Repeat 6 times</i>	Walk 5 min Jog 25 min Walk 5 min Jog 20 min
Week 9	Walk 15 min Jog 4:30 Walk 1:30 <i>Repeat 5 times</i>	Walk 10 min Jog 7 min Walk 1 min <i>Repeat 6 times</i>	Walk 5 min Jog 25 min Walk 5 min Jog 20 min
	Walk 15 min	Walk 5 min	

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Week 10

Jog 20 min
Walk 25 min

Jog 40 min
Walk 10 min

Race!

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Walk+Jog 10K

10 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i> Walk 20 min	Walk 50 min	Jog 1:30 min Walk 3:30 min <i>Repeat 6 times</i> Walk 20 min
Week 2	Walk 50 minutes	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i> Walk 25 min	Jog 2:15 min Walk 2:45 min <i>Repeat 6 times</i> Walk 20 min
Week 3	Walk 55 minutes	Jog 2:30 min Walk 2:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:45 min Walk 3:15 min <i>Repeat 5 times</i> Walk 20 min	Jog 3:30 Walk 1:30 Jog 3 Walk 2 <i>Repeat 3 times</i> Walk 20 min
Week 4	Walk 60 minutes	Jog 3:15 Walk 1:45 <i>Repeat 6 times</i> Walk 20 min	Jog 2:30 Walk 2:30 <i>Repeat 5 times</i> Walk 25 min	Jog 4:15 Walk 45 sec <i>Repeat 6 times</i> Walk 20 min
Week 5	Walk 60 minutes	Jog 4 min Walk 1 min <i>Repeat 6 times</i> Walk 25 min	Jog 3:15 min Walk 1:14 min <i>Repeat 5 times</i> Walk 30 min	Jog 5 Walk 1 <i>Repeat 6 times</i> Walk 15 min
Week 6	Walk 65 minutes	Jog 4:45 min Walk 2:15 min <i>Repeat 6 times</i> Walk 10 min	Jog 4 Walk 2 <i>Repeat 5 times</i> Walk 15 min	Jog 5:45 Walk 1:15 <i>Repeat 6 times</i> Walk 10 min
Week 7	Walk 70 minutes	Jog 5:30 min Walk 1:30 min <i>Repeat 6 times</i> Walk 10 min	Jog 4:30 min Walk 1:30 min <i>Repeat 5 times</i> Walk 15 min	Jog 6:30 Walk 1:30 <i>Repeat 6 times</i> Walk 5 min
Week 8	Walk 70 minutes	Jog 6:15 Walk 45 sec <i>Repeat 6 times</i> Walk 10 min	Jog 5 Walk 1 <i>Repeat 5 times</i> Walk 15 min	Jog 25 min Walk 5 min Jog 20 min
Week 9	Walk 75 minutes	Jog 7 min Walk 1 min <i>Repeat 6 times</i> Walk 5 min	Jog 4:30 min Walk 1:30 min <i>Repeat 5 times</i> Walk 15 min	Jog 25 min Walk 5 min Jog 20 min

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Week 10

Walk 75 minutes

Jog 40 min
Walk 10 min

Jog 20 min
Walk 25 min

Race!

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Walk+Jog 10K

10 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i> Walk 20 min	Walk 50 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:30 min Walk 3:30 min <i>Repeat 6 times</i> Walk 20 min
Week 2	Walk 50 minutes	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i> Walk 25 min	Jog 1:45 min Walk 3:15 min <i>Repeat 4 times</i> Walk 25 min	Jog 2:15 min Walk 2:45 min <i>Repeat 6 times</i> Walk 20 min
Week 3	Walk 55 minutes	Jog 2:30 min Walk 2:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:45 min Walk 3:15 min <i>Repeat 5 times</i> Walk 20 min	Jog 2:30 min Walk 2:30 min <i>Repeat 4 times</i> Walk 25 min	Jog 3:30 Walk 1:30 Jog 3 Walk 2 <i>Repeat 3 times</i> Walk 20 min
Week 4	Walk 60 minutes	Jog 3:15 Walk 1:45 <i>Repeat 6 times</i> Walk 20 min	Jog 2:30 Walk 2:30 <i>Repeat 5 times</i> Walk 25 min	Jog 3:15 Walk 1:45 <i>Repeat 4 times</i> Walk 25 min	Jog 4:15 Walk 45 sec <i>Repeat 6 times</i> Walk 20 min
Week 5	Walk 60 minutes	Jog 4 min Walk 1 min <i>Repeat 6 times</i> Walk 25 min	Jog 3:15 min Walk 1:14 min <i>Repeat 5 times</i> Walk 30 min	Jog 4 min Walk 1 min <i>Repeat 4 times</i> Walk 30 min	Jog 5 Walk 1 <i>Repeat 6 times</i> Walk 15 min
Week 6	Walk 65 minutes	Jog 4:45 min Walk 2:15 min <i>Repeat 6 times</i> Walk 10 min	Jog 4 Walk 2 <i>Repeat 5 times</i> Walk 15 min	Jog 4:45 min Walk 2:15 min <i>Repeat 4 times</i> Walk 20 min	Jog 5:45 Walk 1:15 <i>Repeat 6 times</i> Walk 10 min
Week 7	Walk 70 minutes	Jog 5:30 min Walk 1:30 min <i>Repeat 6 times</i> Walk 10 min	Jog 4:30 min Walk 1:30 min <i>Repeat 5 times</i> Walk 15 min	Jog 5:30 min Walk 1:30 min <i>Repeat 4 times</i> Walk 20 min	Jog 6:30 Walk 1:30 <i>Repeat 6 times</i> Walk 5 min
Week 8	Walk 70 minutes	Jog 6:15 Walk 45 sec <i>Repeat 6 times</i> Walk 10 min	Jog 5 Walk 1 <i>Repeat 5 times</i> Walk 15 min	Jog 6:15 Walk 45 sec <i>Repeat 4 times</i> Walk 15 min	Jog 25 min Walk 5 min Jog 20 min
Week 9	Walk 75 minutes	Jog 7 min Walk 1 min <i>Repeat 6 times</i> Walk 5 min	Jog 4:30 min Walk 1:30 min <i>Repeat 5 times</i> Walk 15 min	Jog 7 min Walk 1 min <i>Repeat 4 times</i> Walk 15 min	Jog 25 min Walk 5 min Jog 20 min

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Week 10

Walk 75 minutes

Jog 40 min
Walk 10 min

Jog 20 min
Walk 25 min

Jog 15 min
Walk 20 min

Race!

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Walk+Jog 10K

12 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:30 min Walk 3:30 min <i>Repeat 6 times</i> Walk 20 min
Week 2	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i> Walk 25 min	Jog 1:45 min Walk 3:15 min <i>Repeat 4 times</i> Walk 20 min	Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i> Walk 20 min
Week 3	Jog 1:45 min Walk 3:15 min <i>Repeat 5 times</i> Walk 20 min	Jog 2:30 min Walk 2:30 min <i>Repeat 4 times</i> Walk 20 min	Jog 3:15 Walk 1:45 <i>Repeat 6 times</i> Walk 20 min
Week 4	Jog 2:15 Walk 2:45 <i>Repeat 3 times</i> Walk 30 min	Jog 2:45 min Walk 2:15 min <i>Repeat 3 times</i> Walk 30 min	Jog 3:30 min Walk 1:30 min <i>Repeat 4 times</i> Walk 25 min
Week 5	Jog 2:30 min Walk 2:30 min <i>Repeat 5 times</i> Walk 25 min	Jog 3:30 min Walk 1:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 4:15 Walk 45s <i>Repeat 6 times</i> Walk 20 min
Week 6	Jog 3:30 Walk 1:30 <i>Repeat 5 times</i> Walk 30 min	Jog 4:15 min Walk 45 sec <i>Repeat 6 times</i> Walk 25 min	Jog 5 Walk 1 <i>Repeat 6 times</i> Walk 15 min
Week 7	Jog 4 Walk 2 <i>Repeat 5 times</i> Walk 15 min	Jog 5 Walk 2 <i>Repeat 6 times</i> Walk 10 min	Jog 5:45 Walk 1:15 <i>Repeat 6 times</i> Walk 10 min
Week 8	Jog 4 min Walk 2 min <i>Repeat 4 times</i> Walk 15 min	Jog 5 min Walk 2 min <i>Repeat 4 times</i> Walk 10 min	Jog 5:45 Walk 1:15 <i>Repeat 4 times</i> Walk 25 min

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Week 9	Jog 4:30 min Walk 1:30 min <i>Repeat 5 times</i>	Jog 5:30 min Walk 1:30 min <i>Repeat 6 times</i>	Jog 6:30 Walk 1:30 <i>Repeat 6 times</i>
	Walk 15 min	Walk 10 min	Walk 5 min
Week 10	Jog 5 Walk 1 <i>Repeat 5 times</i>	Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Jog 25 min Walk 5 min Jog 20 min
	Walk 15 min	Walk 10 min	
Week 11	Jog 4:30 min Walk 1:30 min <i>Repeat 5 times</i>	Jog 7 min Walk 1 min <i>Repeat 6 times</i>	Jog 25 min Walk 5 min Jog 25 min
	Walk 15 min	Walk 5 min	
Week 12	Jog 20 min Walk 25 min	Jog 40 min Walk 10 min	<i>Race!</i>

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Walk+Jog 10K

12 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i> Walk 20 min	Walk 50 min	Jog 1:30 min Walk 3:30 min <i>Repeat 6 times</i> Walk 20 min Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i> Walk 20 min
Week 2	Walk 50 minutes	Jog 1:45 min Walk 3:15 min <i>Repeat 4 times</i> Walk 20 min	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i> Walk 25 min	Walk 20 min Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i> Walk 20 min
Week 3	Walk 55 minutes	Jog 2:30 min Walk 2:30 min <i>Repeat 4 times</i> Walk 20 min	Jog 1:45 Walk 3:15 <i>Repeat 5 times</i> Walk 20 min	Jog 3:15 Walk 1:45 <i>Repeat 6 times</i> Walk 20 min
Week 4	Walk 55 minutes	Jog 2:45 min Walk 2:15 min <i>Repeat 3 times</i> Walk 30 min	Jog 2:15 min. Walk 2:45 min <i>Repeat 3 times</i> Walk 30 min	Jog 3:30 min Walk 1:30 min <i>Repeat 4 times</i> Walk 25 min
Week 5	Walk 60 minutes	Jog 3:30 min Walk 1:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 2:30 Walk 2:30 <i>Repeat 5 times</i> Walk 25 min	Jog 4:15 Walk 45s <i>Repeat 6 times</i> Walk 20 min
Week 6	Walk 60 minutes	Jog 4:15 min Walk 45 sec <i>Repeat 6 times</i> Walk 25 min	Jog 3:30 Walk 1:30 <i>Repeat 5 times</i> Walk 30 min	Jog 5 Walk 1 <i>Repeat 6 times</i> Walk 15 min
Week 7	Walk 65 minutes	Jog 5 Walk 2 <i>Repeat 6 times</i> Walk 10 min	Jog 4 Walk 2 <i>Repeat 5 times</i> Walk 15 min	Jog 5:45 Walk 1:15 <i>Repeat 6 times</i> Walk 10 min
Week 8	Walk 65 minutes	Jog 5 min Walk 2 min <i>Repeat 4 times</i> Walk 10 min	Jog 4 min Walk 2 min <i>Repeat 4 times</i> Walk 15 min	Jog 5:45 Walk 1:15 <i>Repeat 4 times</i> Walk 25 min
Week 9	Walk 70 minutes	Jog 5:30 min	Jog 4:30 min	Jog 6:30

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		Walk 1:30 min <i>Repeat 6 times</i>	Walk 1:30 min <i>Repeat 5 times</i>	Walk 1:30 <i>Repeat 6 times</i>
		Walk 10 min	Walk 15 min	Walk 5 min
Week 10	Walk 70 minutes	Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Jog 5 Walk 1 <i>Repeat 5 times</i>	Jog 25 min Walk 5 min Jog 20 min
		Walk 10 min	Walk 15 min	
Week 11	Walk 75 minutes	Jog 7 min Walk 1 min <i>Repeat 6 times</i>	Jog 4:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 25 min Walk 5 min Jog 25 min
		Walk 5 min	Walk 15 min	
Week 12	Walk 75 minutes	Jog 40 min Walk 10 min	Jog 20 min Walk 25 min	<i>Race!</i>

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Walk+Jog 10K

12 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog 30 sec Walk 4:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i> Walk 20 min	Walk 50 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:30 min Walk 3:30 min <i>Repeat 6 times</i> Walk 20 min
Week 2	Walk 50 minutes	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i> Walk 25 min	Jog 1:45 min Walk 3:15 min <i>Repeat 4 times</i> Walk 25 min	Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i> Walk 20 min
Week 3	Walk 55 minutes	Jog 2:30 min Walk 2:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 1:45 Walk 3:15 <i>Repeat 5 times</i> Walk 20 min	Jog 2:30 min. Walk 2:30 min <i>Repeat 4 times</i> Walk 25 min	Jog 3:15 Walk 1:45 <i>Repeat 6 times</i> Walk 20 min
Week 4	Walk 55 minutes	Jog 2:45 min Walk 2:15 min <i>Repeat 3 times</i> Walk 30 min	Jog 2:15 min. Walk 2:45 min <i>Repeat 3 times</i> Walk 30 min	Jog 2:45 min. Walk 2:15 min <i>Repeat 3 times</i> Walk 30 min	Jog 3:30 min Walk 1:30 min <i>Repeat 4 times</i> Walk 25 min
Week 5	Walk 60 minutes	Jog 3:30 min Walk 1:30 min <i>Repeat 6 times</i> Walk 20 min	Jog 2:30 Walk 2:30 <i>Repeat 5 times</i> Walk 25 min	Jog 3:30 Walk 1:30 <i>Repeat 4 times</i> Walk 25 min	Jog 4:15 Walk 45s <i>Repeat 6 times</i> Walk 20 min
Week 6	Walk 60 minutes	Jog 4:15 min Walk 45 sec <i>Repeat 6 times</i> Walk 25 min	Jog 3:30 Walk 1:30 <i>Repeat 5 times</i> Walk 30 min	Jog 4:15 Walk 45 sec <i>Repeat 4 times</i> Walk 30 min	Jog 5 Walk 1 <i>Repeat 6 times</i> Walk 15 min
Week 7	Walk 65 minutes	Jog 5 Walk 2 <i>Repeat 6 times</i> Walk 10 min	Jog 4 Walk 2 <i>Repeat 5 times</i> Walk 15 min	Jog 5 Walk 2 <i>Repeat 4 times</i> Walk 20 min	Jog 5:45 Walk 1:15 <i>Repeat 6 times</i> Walk 10 min
Week 8	Walk 65 minutes	Jog 5 min Walk 2 min <i>Repeat 4 times</i> Walk 10 min	Jog 4 min Walk 2 min <i>Repeat 4 times</i> Walk 15 min	Jog 5 min Walk 2 min <i>Repeat 3 times</i> Walk 20 min	Jog 5:45 Walk 1:15 <i>Repeat 4 times</i> Walk 25 min

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Week 9	Walk 70 minutes	Jog 5:30 min Walk 1:30 min <i>Repeat 6 times</i>	Jog 4:30 min Walk 1:30 min <i>Repeat 5 times</i>	Jog 5:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 6:30 Walk 1:30 <i>Repeat 6 times</i>
Week 10	Walk 70 minutes	Walk 10 min Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Walk 15 min Jog 5 Walk 1 <i>Repeat 5 times</i>	Walk 20 min Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Walk 5 min Jog 25 min Walk 5 min Jog 20 min
Week 11	Walk 75 minutes	Walk 10 min Jog 7 min Walk 1 min <i>Repeat 6 times</i>	Walk 15 min Jog 4:30 Walk 1:30 <i>Repeat 5 times</i>	Walk 15 min Jog 7 min Walk 1 min <i>Repeat 4 times</i>	Jog 25 min Walk 5 min Jog 25 min
Week 12	Walk 75 minutes	Walk 5 min Jog 40 min Walk 10 min	Walk 15 min Jog 20 min Walk 25 min	Walk 15 min Jog 15 min Walk 20 min	<i>Race!</i>

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Walk+Jog 10K

14 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog 15 sec Walk 4:45 min <i>Repeat 6 times</i>	Jog 45 sec. Walk 4:15 min <i>Repeat 6 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
	Walk 20 min	Walk 20 min	Walk 20 min
Week 2	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 3	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 4	Jog 1:45 Walk 3:15 <i>Repeat 3 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 4 times</i>	Jog 3:15 Walk 2 min <i>Repeat 5 times</i>
	Walk 30 min	Walk 25 min	Walk 25 min
Week 5	Jog 2:15 min. Walk 2:45 min <i>Repeat 5 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 6 times</i>	Jog 4 min Walk 1 min <i>Repeat 6 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 6	Jog 2:45 min. Walk 2:15 min <i>Repeat 5 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 6 times</i>	Jog 4:45 Walk 1:15 min <i>Repeat 6 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 7	Jog 3:15 min. Walk 1:45 min <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 5:30 Walk 3:30 <i>Repeat 6 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 8	Jog 3:30 Walk 1:30 <i>Repeat 3 times</i>	Jog 4:15 Walk 45 sec <i>Repeat 4 times</i>	Jog 6 min Walk 3 min <i>Repeat 5 times</i>
	Walk 30 min	Walk 25 min	Walk 20 min

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Week 9	Jog 3:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 4:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 6:45 Walk 2:15 <i>Repeat 6 times</i>
	Walk 15 min	Walk 10 min	
Week 10	Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Jog 5:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 6 times</i>
	Walk 15 min	Walk 10 min	
Week 11	Jog 4:15 Walk 1:45 <i>Repeat 6 times</i>	Jog 5:30 Walk 1:30 <i>Repeat 6 times</i>	Jog 25 min Walk 5 min Jog 20 min
	Walk 10 min	Walk 5 min	
Week 12	Jog 4:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Jog 20 min Walk 5 min Jog 15 min Walk 15 min
	Walk 20 min	Walk 20 min	
Week 13	Jog 30 min Walk 15 min	Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Jog 25 min Walk 5 min Jog 25 min
		Walk 5 min	
Week 14	Jog 20 min Walk 25 min	Jog 40 min	Race!

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Walk+Jog 10K

14 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog 15 sec. Walk 4:45 min <i>Repeat 6 times</i>	Jog 45 sec. Walk 4:15 min <i>Repeat 6 times</i>	Walk 50 min	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
	Walk 20 min	Walk 20 min		Walk 20 min Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i>
Week 2	Walk 50 min	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Walk 20 min Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
Week 3	Walk 50 min	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Walk 20 min Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
Week 4	Walk 50 min	Jog 2:15 min. Walk 2:45 min <i>Repeat 4 times</i>	Jog 1:45 Walk 3:15 <i>Repeat 3 times</i>	Jog 3:15 Walk 2 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 25 min Jog 4 min Walk 1 min <i>Repeat 6 times</i>
Week 5	Walk 55 min	Jog 2:45 min. Walk 2:15 min <i>Repeat 6 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 5 times</i>	Walk 1 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min Jog 4:45 Walk 1:15 min <i>Repeat 6 times</i>
Week 6	Walk 55 min	Jog 3:15 min. Walk 1:45 min <i>Repeat 6 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 5 times</i>	Walk 1:15 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min Jog 4:45 Walk 1:15 min <i>Repeat 6 times</i>
Week 7	Walk 55 min	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 5 times</i>	Jog 5:30 Walk 3:30 <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min Jog 5:30 Walk 3:30 <i>Repeat 6 times</i>
Week 8	Walk 60 min	Jog 4:15 Walk 45 sec <i>Repeat 4 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 3 times</i>	Jog 6 min Walk 3 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 20 min Jog 6 min Walk 3 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 20 min

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Week 9	Walk 60 min	Jog 4:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 3:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 6:45 Walk 2:15 <i>Repeat 6 times</i>
Week 10	Walk 60 min	Walk 10 min Jog 5:30 Walk 1:30 <i>Repeat 5 times</i>	Walk 15 min Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 6 times</i>
Week 11	Walk 65 min	Walk 10 min Jog 5:30 Walk 1:30 <i>Repeat 6 times</i>	Walk 15 min Jog 4:15 Walk 1:45 <i>Repeat 6 times</i>	Jog 25 min Walk 5 min Jog 20 min
Week 12	Walk 65 min	Walk 5 min Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Walk 10 min Jog 4:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 20 min Walk 5 min Jog 15 min Walk 15 min
Week 13	Walk 70 min	Walk 20 min Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Walk 20 min Jog 30 min Walk 15 min	Jog 25 min Walk 5 min Jog 25 min
Week 14	Walk 75 min	Walk 5 min Jog 40 min	Jog 20 min Walk 25 min	Race!

Always consult with your physician before starting any new exercise program!

Walk+Jog 10K

14 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog 15 sec. Walk 4:45 min <i>Repeat 6 times</i>	Jog 45 sec. Walk 4:15 min <i>Repeat 6 times</i>	Walk 50 min	Jog 45 sec. Walk 4:15 min <i>Repeat 4 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
	Walk 20 min	Walk 20 min		Walk 25 min	Walk 20 min
Week 2	Walk 50 min	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 4 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 3	Walk 50 min	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Jog 1:45 min Walk 3:15 min <i>Repeat 4 times</i>	Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 4	Walk 50 min	Jog 2:15 min. Walk 2:45 min <i>Repeat 4 times</i>	Jog 1:45 Walk 3:15 <i>Repeat 3 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 3 times</i>	Jog 3:15 Walk 2 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 30 min	Walk 25 min
Week 5	Walk 55 min	Jog 2:45 min. Walk 2:15 min <i>Repeat 6 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 5 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 4 times</i>	Jog 4 min Walk 1 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 6	Walk 55 min	Jog 3:15 min. Walk 1:45 min <i>Repeat 6 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 5 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 4 times</i>	Jog 4:45 Walk 1:15 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 7	Walk 55 min	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 4 times</i>	Jog 5:30 Walk 3:30 <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 8	Walk 60 min	Jog 4:15 Walk 45 sec <i>Repeat 4 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 3 times</i>	Jog 4:15 Walk 45 sec <i>Repeat 3 times</i>	Jog 6 min Walk 3 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 30 min	Walk 20 min

Always consult with your physician before starting any new exercise program!

Week 9	Walk 60 min	Jog 4:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 3:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 4:30 Walk 2:30 <i>Repeat 4 times</i>	Jog 6:45 Walk 2:15 <i>Repeat 6 times</i>
		Walk 10 min	Walk 15 min	Walk 20 min	
Week 10	Walk 60 min	Jog 5:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Jog 5:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 6 times</i>
		Walk 10 min	Walk 15 min	Walk 20 min	
Week 11	Walk 65 min	Jog 5:30 Walk 1:30 <i>Repeat 6 times</i>	Jog 4:15 Walk 1:45 <i>Repeat 6 times</i>	Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Jog 25 min Walk 5 min Jog 20 min
		Walk 5 min	Walk 10 min	Walk 15 min	
Week 12	Walk 65 min	Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Jog 4:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Jog 20 min Walk 5 min Jog 15 min Walk 15 min
		Walk 20 min	Walk 20 min	Walk 25 min	
Week 13	Walk 70 min	Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Jog 30 min Walk 15 min	Jog 4:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 25 min Walk 5 min Jog 25 min
		Walk 5 min		Walk 15 min	
Week 14	Walk 75 min	Jog 40 min	Jog 20 min Walk 25 min	Jog 15 min Walk 20 min	Race!

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Walk+Jog 10K

16 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog 15 sec. Walk 4:45 min <i>Repeat 6 times</i>	Jog 45 sec. Walk 4:15 min <i>Repeat 6 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
	Walk 20 min	Walk 20 min	Walk 20 min
Week 2	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 3	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 4	Jog 1:45 Walk 3:15 <i>Repeat 3 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 4 times</i>	Jog 3:15 Walk 2 min <i>Repeat 5 times</i>
	Walk 30 min	Walk 25 min	Walk 25 min
Week 5	Jog 2:15 min. Walk 2:45 min <i>Repeat 5 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 6 times</i>	Jog 4 min Walk 1 min <i>Repeat 6 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 6	Jog 2:45 min. Walk 2:15 min <i>Repeat 5 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 6 times</i>	Jog 4:45 Walk 1:15 min <i>Repeat 6 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 7	Jog 3:15 min. Walk 1:45 min <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 5:30 Walk 3:30 <i>Repeat 6 times</i>
	Walk 25 min	Walk 20 min	Walk 20 min
Week 8	Jog 3:30 Walk 1:30 <i>Repeat 3 times</i>	Jog 4:15 Walk 45 sec <i>Repeat 4 times</i>	Jog 6 min Walk 3 min <i>Repeat 5 times</i>
	Walk 30 min	Walk 25 min	Walk 20 min

Always consult with your physician before starting any new exercise program!

Week 9	Jog 3:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 4:30 Walk 2:30 <i>Repeat 5 times</i>	Jog 6:30 Walk 2:30 <i>Repeat 6 times</i>
Week 10	Walk 15 min Jog 4 min Walk 2 min <i>Repeat 5 times</i>	Walk 10 min Jog 5 min Walk 2 min <i>Repeat 5 times</i>	Jog 7:00 Walk 2:00 <i>Repeat 6 times</i>
Week 11	Walk 15 min Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Walk 10 min Jog 5:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 6 times</i>
Week 12	Walk 15 min Jog 4:30 Walk 1:30 <i>Repeat 4 times</i>	Walk 10 min Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 4 times</i>
Week 13	Walk 20 min Jog 4:15 Walk 1:45 <i>Repeat 6 times</i>	Walk 20 min Jog 5:30 Walk 1:30 <i>Repeat 6 times</i>	Walk 20 min Jog 25 min Walk 5 min Jog 20 min
Week 14	Walk 10 min Jog 4:30 Walk 1:30 <i>Repeat 6 times</i>	Walk 5 min Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Jog 25 min Walk 5 min Jog 25 min
Week 15	Walk 10 min Jog 30 min Walk 15 min	Walk 5 min Jog 45 min	Jog 30 min Walk 5 min Jog 25 min
Week 16	Walk 75 min	Jog 40 min	Race!

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Walk+Jog 10K

16 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog 15 sec. Walk 4:45 min <i>Repeat 6 times</i>	Jog 45 sec. Walk 4:15 min <i>Repeat 6 times</i>	Jog 15 sec. Walk 4:45 min <i>Repeat 6 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
	Walk 20 min	Walk 20 min	Walk 20 min	Walk 20 min
Week 2	Walk 50 min	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min
Week 3	Walk 50 min	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min
Week 4	Walk 50 min	Jog 2:15 min. Walk 2:45 min <i>Repeat 4 times</i>	Jog 1:45 Walk 3:15 <i>Repeat 3 times</i>	Jog 3:15 Walk 2 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 25 min
Week 5	Walk 55 min	Jog 2:45 min. Walk 2:15 min <i>Repeat 6 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 5 times</i>	Jog 4 min Walk 1 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min
Week 6	Walk 55 min	Jog 3:15 min. Walk 1:45 min <i>Repeat 6 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 5 times</i>	Jog 4:45 Walk 1:15 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min
Week 7	Walk 55 min	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 5 times</i>	Jog 5:30 Walk 3:30 <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 20 min
Week 8	Walk 60 min	Jog 4:15 Walk 45 sec <i>Repeat 4 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 3 times</i>	Jog 6 min Walk 3 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 20 min

Always consult with your physician before starting any new exercise program!

Week 9	Walk 60 min	Jog 4:30 Walk 2:30 <i>Repeat 5 times</i>	Jog 3:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 6:30 Walk 2:30 <i>Repeat 6 times</i>
Week 10	Walk 60 min	Walk 10 min Jog 5 min Walk 2 min <i>Repeat 5 times</i>	Walk 15 min Jog 4 min Walk 2 min <i>Repeat 5 times</i>	Jog 7:00 Walk 2:00 <i>Repeat 6 times</i>
Week 11	Walk 65 min	Walk 10 min Jog 5:30 Walk 1:30 <i>Repeat 5 times</i>	Walk 15 min Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 6 times</i>
Week 12	Walk 65 min	Walk 10 min Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Walk 15 min Jog 4:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 4 times</i>
Week 13	Walk 65 min	Walk 20 min Jog 5:30 Walk 1:30 <i>Repeat 6 times</i>	Walk 20 min Jog 4:15 Walk 1:45 <i>Repeat 6 times</i>	Walk 20 min Jog 25 min Walk 5 min Jog 20 min
Week 14	Walk 70 min	Walk 5 min Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Walk 10 min Jog 4:30 Walk 1:30 <i>Repeat 6 times</i>	Jog 25 min Walk 5 min Jog 25 min
Week 15	Walk 70 min	Walk 5 min Jog 45 min	Walk 10 min Jog 30 min Walk 15 min	Jog 30 min Walk 5 min Jog 25 min
Week 16	Walk 75 min	Walk 5 min Jog 40 min	Walk 10 min Jog 20 min Walk 25 min	Race!

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Walk+Jog 10K

16 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog 15 sec. Walk 4:45 min <i>Repeat 6 times</i>	Jog 45 sec. Walk 4:15 min <i>Repeat 6 times</i>	Walk 50 min	Jog 45 sec. Walk 4:15 min <i>Repeat 4 times</i>	Jog 1 min Walk 4 min <i>Repeat 6 times</i>
	Walk 20 min	Walk 20 min		Walk 25 min	Walk 20 min
Week 2	Walk 50 min	Jog 1:15 min Walk 3:45 min <i>Repeat 6 times</i>	Jog 45 sec Walk 4:15 min <i>Repeat 5 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 4 times</i>	Jog 1:45 min Walk 3:15 min Jog 1:30 Walk 3:30 <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 3	Walk 50 min	Jog 1:45 min Walk 3:15 min <i>Repeat 6 times</i>	Jog 1:15 min Walk 3:45 min <i>Repeat 5 times</i>	Jog 1:45 min Walk 3:15 min <i>Repeat 4 times</i>	Jog 2:30 min Walk 2:30 min Jog 2 min Walk 3 min <i>Repeat 3 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 4	Walk 50 min	Jog 2:15 min. Walk 2:45 min <i>Repeat 4 times</i>	Jog 1:45 Walk 3:15 <i>Repeat 3 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 3 times</i>	Jog 3:15 Walk 2 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 30 min	Walk 25 min
Week 5	Walk 55 min	Jog 2:45 min. Walk 2:15 min <i>Repeat 6 times</i>	Jog 2:15 min. Walk 2:45 min <i>Repeat 5 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 4 times</i>	Jog 4 min Walk 1 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 6	Walk 55 min	Jog 3:15 min. Walk 1:45 min <i>Repeat 6 times</i>	Jog 2:45 min. Walk 2:15 min <i>Repeat 5 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 4 times</i>	Jog 4:45 Walk 1:15 min <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 7	Walk 55 min	Jog 3:45 Walk 1:15 <i>Repeat 6 times</i>	Jog 3:15 min. Walk 1:45 min <i>Repeat 5 times</i>	Jog 3:45 Walk 1:15 <i>Repeat 4 times</i>	Jog 5:30 Walk 3:30 <i>Repeat 6 times</i>
		Walk 20 min	Walk 25 min	Walk 25 min	Walk 20 min
Week 8	Walk 60 min	Jog 4:15 Walk 45 sec <i>Repeat 4 times</i>	Jog 3:30 Walk 1:30 <i>Repeat 3 times</i>	Jog 4:15 Walk 45 sec <i>Repeat 3 times</i>	Jog 6 min Walk 3 min <i>Repeat 5 times</i>
		Walk 25 min	Walk 30 min	Walk 30 min	Walk 20 min

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Week 9	Walk 60 min	Jog 4:30 Walk 2:30 <i>Repeat 5 times</i>	Jog 3:45 Walk 2:15 <i>Repeat 5 times</i>	Jog 4:30 Walk 2:30 <i>Repeat 4 times</i>	Jog 6:30 Walk 2:30 <i>Repeat 6 times</i>
Week 10	Walk 60 min	Walk 10 min Jog 5 min Walk 2 min <i>Repeat 5 times</i>	Walk 15 min Jog 4 min Walk 2 min <i>Repeat 5 times</i>	Walk 20 min Jog 5 min Walk 2 min <i>Repeat 4 times</i>	Jog 7:00 Walk 2:00 <i>Repeat 6 times</i>
Week 11	Walk 65 min	Walk 10 min Jog 5:30 Walk 1:30 <i>Repeat 5 times</i>	Walk 15 min Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Walk 20 min Jog 5:30 Walk 1:30 <i>Repeat 4 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 6 times</i>
Week 12	Walk 65 min	Walk 10 min Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Walk 15 min Jog 4:30 Walk 1:30 <i>Repeat 4 times</i>	Walk 20 min Jog 6 min Walk 1 min <i>Repeat 4 times</i>	Jog 7:30 Walk 1:30 <i>Repeat 4 times</i>
Week 13	Walk 65 min	Walk 20 min Jog 5:30 Walk 1:30 <i>Repeat 6 times</i>	Walk 20 min Jog 4:15 Walk 1:45 <i>Repeat 6 times</i>	Walk 25 min Jog 4:15 Walk 1:45 <i>Repeat 5 times</i>	Walk 20 min Jog 25 min Walk 5 min Jog 20 min
Week 14	Walk 70 min	Walk 5 min Jog 6 min Walk 1 min <i>Repeat 6 times</i>	Walk 10 min Jog 4:30 Walk 1:30 <i>Repeat 6 times</i>	Walk 15 min Jog 4:30 Walk 1:30 <i>Repeat 5 times</i>	Jog 25 min Walk 5 min Jog 25 min
Week 15	Walk 70 min	Walk 5 min Jog 45 min	Walk 10 min Jog 30 min Walk 15 min	Walk 15 min Jog 25 min Walk 20 min	Jog 30 min Walk 5 min Jog 25 min
Week 16	Walk 75 min	Jog 40 min	Jog 20 min Walk 25 min	Jog 15 min Walk 20 min	Race!

Always consult with your physician before starting any new exercise program!