<table>
<thead>
<tr>
<th>WEEK</th>
<th>WORKOUT 1</th>
<th>WORKOUT 2</th>
<th>WORKOUT 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes</td>
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</tr>
<tr>
<td>2</td>
<td>Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for 6 times</td>
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</tr>
</tbody>
</table>
| 3    | Brisk 5-minute warmup walk, then do two repetitions of the following:  
• Jog 90 seconds, walk 90 seconds  
• Jog 3 minutes, walk 3 minutes | Brisk 5-minute warmup walk, then do two repetitions of the following:  
• Jog 90 seconds, walk 90 seconds  
• Jog 3 minutes, walk 3 minutes | Brisk 5-minute warmup walk, then do two repetitions of the following:  
• Jog 90 seconds, walk 90 seconds  
• Jog 3 minutes, walk 3 minutes |
| 4    | Brisk 5-minute warmup walk, then:  
• Jog 3 minutes, walk 90 seconds  
• Jog 5 minutes, walk 2½ minutes  
• Jog 3 minutes, walk 90 seconds  
• Jog 5 minutes | Brisk 5-minute warmup walk, then:  
• Jog 3 minutes, walk 90 seconds  
• Jog 5 minutes, walk 2½ minutes  
• Jog 3 minutes, walk 90 seconds  
• Jog 5 minutes | Brisk 5-minute warmup walk, then:  
• Jog 3 minutes, walk 90 seconds  
• Jog 5 minutes, walk 2½ minutes  
• Jog 3 minutes, walk 90 seconds  
• Jog 5 minutes |
| 5    | Brisk 5-minute warmup walk, then:  
• Jog 5 minutes, walk 3 minutes  
• Jog 5 minutes, walk 3 minutes  
• Jog 5 minutes | Brisk 5-minute warmup walk, then:  
• Jog 8 minutes, walk 5 minutes  
• Jog 8 minutes | Brisk 5-minute warmup walk, then jog 20 minutes with no walking |
| 6    | Brisk 5-minute warmup walk, then:  
• Jog 5 minutes, walk 3 minutes  
• Jog 8 minutes, walk 3 minutes  
• Jog 5 minutes | Brisk 5-minute warmup walk, then:  
• Jog 10 minutes, walk 3 minutes  
• Jog 10 minutes | Brisk 5-minute warmup walk, then jog 22 minutes with no walking |
| 7    | Brisk 5-minute warmup walk, then jog 25 minutes | Brisk 5-minute warmup walk, then jog 25 minutes | Brisk 5-minute warmup walk, then jog 25 minutes |
| 8    | Brisk 5-minute warmup walk, then jog 28 minutes | Brisk 5-minute warmup walk, then jog 28 minutes | Brisk 5-minute warmup walk, then jog 28 minutes |
| 9    | Brisk 5-minute warmup walk, then jog 30 minutes | Brisk 5-minute warmup walk, then jog 30 minutes | Brisk 5-minute warmup walk, then jog 30 minutes |