

WEEK	WORKOUT 1	WORKOUT 2	WORKOUT 3
1	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes
2	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for 6 times	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for 6 times	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for 6 times
3	Brisk 5-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds, walk 90 seconds • Jog 3 minutes, walk 3 minutes 	Brisk 5-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds, walk 90 seconds • Jog 3 minutes, walk 3 minutes 	Brisk 5-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds, walk 90 seconds • Jog 3 minutes, walk 3 minutes
4	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Jog 5 minutes, walk 3 minutes • Jog 5 minutes, walk 3 minutes • Jog 5 minutes 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Jog 5 minutes, walk 3 minutes • Jog 8 minutes, walk 3 minutes • Jog 5 minutes 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • 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