

WEEK BY WEEK PLAN

	MON	WED	SAT
WEEK 1	RUN 1 MIN WALK 1 MIN REPEAT 10 TIMES	RUN 1 MIN WALK 1 MIN REPEAT 10 TIMES	RUN 1 MIN WALK 1 MIN REPEAT 10 TIMES
WEEK 2	RUN 2 MINS WALK 2 MINS REPEAT 6 TIMES	RUN 2 MINS WALK 2 MINS REPEAT 6 TIMES	RUN 2 MINS WALK 2 MINS REPEAT 6 TIMES
WEEK 3	RUN 3 MINS WALK 2 MINS REPEAT 5 TIMES	RUN 3 MINS WALK 2 MINS REPEAT 5 TIMES	RUN 3 MINS WALK 2 MINS REPEAT 5 TIMES
WEEK 4	RUN 5 MINS WALK 3 MINS REPEAT 3 TIMES	RUN 5 MINS WALK 3 MINS REPEAT 3 TIMES	RUN 5 MINS WALK 3 MINS REPEAT 3 TIMES
WEEK 5	RUN 8 MINS WALK 3 MINS REPEAT 2 TIMES	RUN 8 MINS WALK 3 MINS REPEAT 2 TIMES	RUN 8 MINS WALK 3 MINS REPEAT 2 TIMES
WEEK 6	RUN 10 MINS WALK 3 MINS REPEAT 2 TIMES	RUN 10 MINS WALK 3 MINS REPEAT 2 TIMES	RUN 10 MINS WALK 3 MINS REPEAT 2 TIMES
WEEK 7	RUN 12 MINS WALK 2 MINS REPEAT 2 TIMES	RUN 15 MINS WALK 1 MINS REPEAT 2 TIMES	RUN 20 MINUTES
WEEK 8	RUN 20 MINUTES	RUN 20 MINUTES	RUN 25 MINUTES
WEEK 9	RUN 25 MINUTES	RUN 25 MINUTES	RUN 30 MINUTES
WEEK 10	RUN 30 MINUTES	RUN 30 MINUTES	5K RACE! GOOD LUCK!