

30 DAY RUNNING CHALLENGE

DAY 1 4 min walk 1 min run x3	DAY 2 4 min walk 1 min run x4	DAY 3 2 min walk 2 min run x2	DAY 4 15 min walk	DAY 5 1 min walk 10 sec sprint x5
DAY 6 2 min walk 2 min run x3	DAY 7 3 min walk 2 min run x3	DAY 8 15 min walk	DAY 9 2 min walk 2 min run x4	DAY 10 2 min walk 10 sec sprint x5
DAY 11 5 min walk 2 min run x4	DAY 12 15 min walk	DAY 13 2 min walk 3 min run x3	DAY 14 2 min walk 2 min run x4	DAY 15 2 min walk 20 sec sprint x5
DAY 16 15 min walk	DAY 17 3 min walk 3 min run x4	DAY 18 2 min walk 3 min run x4	DAY 19 3 min walk 3 min run x5	DAY 20 15 min walk
DAY 21 1 min walk 1 min run x5	DAY 22 1 min walk 2 min run x3	DAY 23 1 min walk 3 min run x3	DAY 24 15 min walk	DAY 25 2 min walk 25 sec sprint x5
DAY 26 1 min walk 4 min run x3	DAY 27 2 min walk 4 min run x4	DAY 28 15 min walk	DAY 29 2 min walk 5 min run x5	DAY 30 1 min walk 5 min run x6