

» HERE'S YOUR CHALLENGE CHART, GET TICKING!

1 ☐ 10 minute steady walk	2 ☐ 3 minute steady walk 1 minute run (repeat x 3)	3 ☐ 15 minute steady walk	 TIP Flexibility exercises with a foam roller help you recover on rest days			
4 ☐ 2 minute steady walk 1 minute run (repeat x 3)	5 ☐ 8 minute fast walk	6 ☐ 2 minute steady walk 2 minute run (repeat x 3)				
7 ☐ REST DAY	8 ☐ 5 minute run	9 ☐ REST DAY	10 ☐ 2 minute steady walk 90 second run (repeat x 3)	11 ☐ 15 minute fast walk	12 ☐ 2 minute steady walk 2 minute run (repeat x 4)	13 ☐ 20 minute steady walk
14 ☐ REST DAY	15 ☐ 10 minute run	16 ☐ REST DAY	17 ☐ 1 minute walk 2 minute run (repeat x 3)	18 ☐ 20 minute steady walk	19 ☐ 20 minute steady walk	20 ☐ 1 minute steady walk 1 minute steady run (repeat x 10)
21 ☐ REST DAY	22 ☐ 15 minute run	23 ☐ REST DAY	24 ☐ 1 minute steady walk 1 minute run (repeat x 12)	25 ☐ 25 minute steady walk	 TIP Warm up and cool down correctly to reduce the risk of injuries	
26 ☐ 8 minute run 2 minute steady walk (repeat x 3)	27 ☐ 10 minute steady run	28 ☐ REST DAY	29 ☐ REST DAY	30 ☐ 20 minute run		

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