DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Walk 4:30/Run 30 seconds (Repeat 4 times, 20 minutes total)	Walk 4:00/Run 1 minute (Repeat 4 times, 20 minutes total)	Walk 3:30/ Run 1:30 (Repeat 4 times, 20 minutes total)	Walk 15 minutes	Walk 3:00/ Run 2:00 (Repeat 4 times, 20 minutes total)

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Walk 2:30/ Run 2:30 (Repeat 4 times, 20 minutes total)	Walk 2:00/ Run 3:00 (Repeat 4 times, 20 minutes total)	Walk 15 minutes	Walk 1:30/ Run 3:30 (Repeat 5 times, 25 minutes total)	Walk 1:00/Run 4:00 (Repeat 4 times, 20 minutes total)

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Walk 15 minutes	Walk 1:00/ Run 5:00 (Repeat 4 times, 24 min-utes total)	Walk 1:00/ Run 6:00 (Repeat 4 times, total 28 minutes)	Walk 1:00/ Run 7:00 (Repeat 3 times, total 24 minutes)	Walk 15 minutes

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Walk 1 minute/ Run 8:00 (Repeat 3 times, total 27 minutes)	Walk 1 minute/ Run 9:00 (Repeat 3 times, total 27 minutes)	Walk 15 minutes	Walk 1 minute/ Run 3 minutes; Walk 1 minute/ Run 10 minutes (Repeat entire sequence twice, total 30 minutes)	Walk 1 minute/ Run 6 minutes; Walk 1 minute, Run 12 minutes (Once through, total 20 minutes)

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Walk 1 minute/run 3 minutes; Walk 1 minute/ Run 15 minutes (Once through, total 20 minutes)	Walk 15 minutes	Walk 3 minutes warmup; Run 17 minutes; Walk 3 minutes cooldown (Once through, total 23 minutes)	Walk 3 minutes warmup; Run 19 minutes; Walk 3 minutes cooldown (Once through, total 25 minutes)	Walk 2 minutes to warm up; Run 22 minutes; walk 2 minutes to cool down (Once through, total 26 minutes)

DAY 26	DAY 27	DAY 27	DAY 29	DAY 30
Walk 15 minutes	Walk 3 minutes to warm up; Run 25 minutes; Walk 3 minutes to cool down (Once through, total 31 minutes)	Walk 3 minutes to warm up; Run 27 minutes; Walk 3 minutes to cool down (Once through, total 33 minutes)	Walk 3 minutes to warm up; Run 29 minutes; Walk 3 minutes to cool down (Total:35 minutes)	Walk 3 minutes to warm up; Run 30 minutes; Walk 3 minutes to cool down (Total:36 minutes)