

sk for Beginners 6-Week Training Plan

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1	Rest	20 min: run 1 min, walk 1 min (repeat 10 times)	Rest	30 min: run 2 min, walk 4 min (repeat 5 times)	Rest	20 min: run 1 min, walk 1 min (repeat 10 times)	30-60 minute brisk walk
2	Rest	24 min: run 3 min, walk 3 min (repeat 4 times)	Rest	30 min: run 2 min, walk 4 min (repeat 5 times)	Rest	24 min: run 3 min, walk 3 min (repeat 4 times)	35-60 minute brisk walk
3	Rest	30 min: run 7 min, walk 3 min (repeat 3 times)	Rest	24 min: run 3 min, walk 3 min (repeat 4 times)	Rest	24 min: run 3 min, walk 3 min (repeat 4 times)	40-60 minute brisk walk
4	Rest	30 min: run 8 min, walk 2 min (repeat 3 times)	Rest	30 min: run 7 min, walk 3 min (repeat 3 times)	Rest	30 min: run 8 min, walk 2 min (repeat 3 times)	45-60 minute brisk walk
5	Rest	30 min: run 12 min, walk 3 min (repeat 2 times)	Rest	30 min: run 8 min, walk 2 min (repeat 3 times)	Rest	30 min: run 12 min, walk 3 min (repeat 2 times)	Rest
6	40 min: run 15 min, walk 1 min (repeat 2 times), then 8 min brisk walk	Rest	30 min - run 8 min, walk 2 min (repeat 3 times)	Rest	Rest		

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