

DAY 1	DAY 2	DAY 3
Run 5 minutes	Walk 10 minutes	Run 5 minutes
DAY 4	DAY 5	DAY 6
Walk 10 minutes	Run 5 minutes	Rest
DAY 7	DAY 8	DAY 9
Run 6 minutes	Walk 10 minutes	Run 7 minutes
DAY 10	DAY 11	DAY 12
Walk 10 minutes	Run 8 minutes	Rest