

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	rest	easy 20min (1 min run, 1 min walk)	easy 20min (1 min run, 1 min walk)	rest	cross train 30min	easy 25 min 2min run, 1min walk)	15min easy (2min run, 1min walk)
Week 2	rest	easy 20 min (3min run, 1 min walk)	easy 20 min (2min run, 1 min walk)	rest	cross train 30min	easy 25 min (3min run, 1min walk)	easy 20min (2 min run, 1 min walk)
Week 3	rest	easy 20 min (4min run, 1 min walk)	easy 20 min (4min run, 1 min walk)	rest	cross train 35min	easy 25 min 4min run, 1min walk)	easy 18 min (5min run, 1 min walk)
Week 4	rest	easy 18 min (5min run, 1 min walk)	easy 20 min (2min run, 1 min walk)	rest	cross train 30min	easy 30 min (4min run, 1 min walk)	easy 20 min (5min run, 1 min walk)
Week 5	rest	easy 20 min (6min run, 1 min walk)	easy 20 min (4min run, 30 sec walk)	rest	cross train 40min	easy 30 min (4min run, 30 sec walk)	easy 20 min (5min run, 1 min walk)
Week 6	rest	easy 20 min (4min run, 30 sec walk)	easy 20 min (5min run, 30 sec walk)	rest	cross train 35min	easy 35 min (4min run, 45 sec walk)	easy 20 min (4min run, 30 sec walk)
Week 7	rest	easy 25 min (2min run, 20 second walk)	easy 20 min (4min run, 30 sec walk)	rest	cross train 35min	easy 30 min (4min run, 30 sec walk)	easy 25 min (2min run, 20 second walk)
Week 8	rest	easy 20 min (3min run, 20 sec walk)	easy 20 min (2min run, 15 sec walk)	rest	10 min (3min run, 20 seconds walk)	5K!	Celebrate!