	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	rest	easy 20min (1 min run, 1 min walk)	easy 20min (I min run, 1 min walk)	rest	cross train 30min	easy 25 min 2min run, 1min walk)	15min easy (2min run, 1min walk)
		1 mm wany	run, I min wan,		30111111	Tan, Imm want,	ran, inn wany
Week 2	rest	easy 20 min (3min run,	easy 20 min (2min	rest	cross train	easy 25 min (3min	easy 20min (2
		1 min walk)	run, 1 min walk)		30min	run, 1min walk)	min run, 1 min walk)
Week 3	rest	easy 20 min (4min run,	easy 20 min (4min	rest	cross train	easy 25 min 4min	easy 18 min
		1 min walk)	run, 1 min walk)		35min	run, 1min walk)	(5min run, 1 min walk)
Week 4	rest	easy 18 min (5min run,	easy 20 min (2min	rest	cross train	easy 30 min (4min	easy 20 min
		1 min walk)	run, 1 min walk)		30min	run, 1 min walk)	(5min run, 1 min walk)
Week 5	rest	easy 20 min (6min run,	easy 20 min (4min	rest	cross train	easy 30 min (4min	easy 20 min
		1 min walk)	run, 30 sec walk)		40min	run, 30 sec walk)	(5min run, 1 min walk)
Week 6	rest	easy 20 min (4min run,	easy 20 min (5min	rest	cross train	easy 35 min (4min	easy 20 min
		30 sec walk)	run, 30 sec walk)		35min	run, 45 sec walk)	(4min run, 30 sec walk)
Week 7	rest	easy 25 min (2min run,	easy 20 min (4min	rest	cross train	easy 30 min (4min	easy 25 min
		20 second walk)	run, 30 sec walk)		35min	run, 30 sec walk)	(2min run, 20 second walk)
Week 8	rest	easy 20 min (3min run,	easy 20 min (2min	rest	10 min	5K!	Celebrate!
		20 sec walk)	run, 15 sec walk)		(3min run,		
					20 seconds walk)		