

TRAINING PLAN

WEEK 1

Day 1: Run 1 minute, walk 1 minute x 10 = 20 minutes total
Day 2: Strength training
Day 3: Run 1 min, walk 1 min x 11 = 22 min total
Day 4: Rest or cross-training
Day 5: Run 1 min, walk 1 min x 12 = 24 min total
Day 6: Strength training
Day 7: Rest

WEEK 2

Day 1: Run 2 min, walk 1 min x 7 = 21 min total
Day 2: Strength training
Day 3: Run 2 min, walk 1 min x 8 = 24 min total
Day 4: Rest or cross-training
Day 5: Run 3 min, walk 1 min x 6 = 24 min total
Day 6: Strength training
Day 7: Rest

WEEK 3

Day 1: Run 3 min, walk 1 min x 7 = 28 min total
Day 2: Strength training
Day 3: Run 4 min, walk 1 min x 5 = 25 min total
Day 4: Rest or cross-training
Day 5: Run 5 min, walk 1 min x 5 = 30 min total
Day 6: Strength training
Day 7: Rest

WEEK 4

Day 1: Run 6 min, walk 1 min x 4 = 28 min total
Day 2: Strength training
Day 3: Run 7 min, walk 1 min x 4 = 32 min total
Day 4: Rest or cross-training
Day 5: Run 8 min, walk 30 seconds x 4 = 34 min total
Day 6: Strength training
Day 7: Rest

WEEK 5

Day 1: Run 9 min, walk 1 min x 3 = 30 min total
Day 2: Strength training
Day 3: Run 10 min, walk 1 min x 3 = 33 min total
Day 4: Rest or cross-training
Day 5: Run 12 min, walk 1 min, run 12 min = 25 min total
Day 6: Strength training
Day 7: Rest

WEEK 6

Day 1: Run 14 min, walk 1 min, run 14 min = 29 min total
Day 2: Strength training
Day 3: Run 16 min, walk 1 min, run 16 min = 33 min total
Day 4: Rest or cross-training
Day 5: Run 18 min, walk 1 min, run 16 min = 35 min total
Day 6: Strength training
Day 7: Rest

WEEK 7

Day 1: Run 20 min, walk 1 min, run 10 min = 31 min total
Day 2: Strength training
Day 3: Run 22 min, walk 1 min, run 10 min = 33 min total
Day 4: Rest or cross-training
Day 5: Run 24 min, walk 1 min, run 10 min = 35 min total
Day 6: Strength training
Day 7: Rest

WEEK 8

Day 1: Run 26 min
Day 2: Strength training
Day 3: Run 28 min
Day 4: Rest or cross-training
Day 5: Run 30 min
Day 6: Strength training
Day 7: Rest

