

WEEK	WORKOUT 1	WORKOUT 2	WORKOUT 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes
3	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds)	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds)	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds)
	Walk 200 yards (or 90 seconds)	Walk 200 yards (or 90 seconds)	Walk 200 yards (or 90 seconds)
	Jog 400 yards (or 3 minutes)	Jog 400 yards (or 3 minutes)	Jog 400 yards (or 3 minutes)
4	Walk 400 yards (or three minutes)	Walk 400 yards (or three minutes)	Walk 400 yards (or three minutes)
	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then:
	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)
	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)
	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)
	Walk 1/4 mile (or 2-1/2 minutes)	Walk 1/4 mile (or 2-1/2 minutes)	Walk 1/4 mile (or 2-1/2 minutes)
	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)	Jog 1/4 mile (or 3 minutes)
	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)	Walk 1/8 mile (or 90 seconds)
	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)	Jog 1/2 mile (or 5 minutes)

5	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking
	Jog 1/2 mile (or 5 minutes)	Jog 3/4 mile (or 8 minutes)	
	Walk 1/4 mile (or 3 minutes)	Walk 1/2 mile (or 5 minutes)	
	Jog 1/2 mile (or 5 minutes)	Jog 3/4 mile (or 8 minutes)	
	Walk 1/4 mile (or 3 minutes)		
	Jog 1/2 mile (or 5 minutes)		
6	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then:	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking
	Jog 1/2 mile (or 5 minutes)	Jog 1 mile (or 10 minutes)	
	Walk 1/4 mile (or 3 minutes)	Walk 1/4 mile (or 3 minutes)	
	Jog 3/4 mile (or 8 minutes)	Jog 1 mile (or 10 minutes)	
	Walk 1/4 mile (or 3 minutes)		
	Jog 1/2 mile (or 5 minutes)		
7	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes)	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes)	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes)
8	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes)	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes)	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes)
9	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes)	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes)	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes)