



	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
WEEK 1			5:00 brisk walk 8 x 1:00 run/ 1:30 walk	30 min walk or cross-training	Rest Day	5:00 brisk walk 8 x 1:00 run/ 1:30 walk	Rest Day	18 min
WEEK 2	5:00 brisk walk 10 x 1:30 run/1:00 walk	30 min walk or cross-training	Rest Day	5:00 brisk walk 8 x 2:00 run/1:00 walk	Rest Day	5:00 brisk walk 12 x 2:00 run/1:00 walk	Rest Day	55 min
WEEK 3	5:00 brisk walk 10 x 3:00 run/1:00 walk	30 min walk or cross-training	Rest Day	5:00 brisk walk 8 x 4:00 run/1:00 walk	Rest Day	5:00 brisk walk 7 x 5:00 run/1:00 walk	Rest Day	97 min
WEEK 4	5:00 brisk walk 10:00 run/1:00 walk 8:00 run/1:00 walk 6:00 run/1:00 walk 4:00 run/1:00 walk 2:00 run/1:00 walk	45 min walk or cross-training	5:00 brisk walk 8:00 run/0:30 walk 7:00 run/0:30 walk 6:00 run/0:30 walk 5:00 run/0:30 walk 4:00 run/0:30 walk 3:00 run/0:30 walk 2:00 run/0:30 walk 1:00 run/0:30 walk	Rest Day	30 min walk or cross-training	5:00 brisk walk 6 x 7:00 run/1:00 walk	Rest Day	108 min
WEEK 5	5:00 brisk walk 4 x 10:00 (or 1 mi) run/1:30 walk	45 min walk or cross-training	5:00 brisk walk 15:00 run/2:00 walk 12:00 run/1:30 walk 9:00 run/1:00 walk 6:00 run/0:30 walk 3:00 run	Rest Day	30 min walk or cross-training	6 x 8:00 (1:00)	Rest Day	133 min
WEEK 6	5:00 brisk walk 5 x 10:00 run (or 1 mi)/1:00 walk	45 min walk or cross-training	5:00 brisk walk 2 x 20:00 (or 2 mi) run/2:00 walk	Rest Day	30 min walk or cross-training	5:00 brisk walk 6 x 10:00 (or 1 mi) run/1:00 walk	Rest Day	150 min
WEEK 7	5:00 brisk walk 3 x 20:00 (or 2 mi) run/1:30 walk	60 min walk or cross-training	5:00 brisk walk 50:00 (or 5 mi) run	Optional 30:00 (3 mi) run	45 min walk or cross-training	5:00 brisk walk 7 x 10:00 (or 1 mi) run/1:00 walk	Rest Day	180/210 min
WEEK 8	5:00 brisk walk 4 x 20:00 (or 2 mi) run/1:30 walk	60 min walk or cross-training	5:00 brisk walk 60:00 (or 6 mi) run	Optional 30:00 (3 mi) run	45 min walk or cross-training	5:00 brisk walk 3 x 30:00 (or 3 mi) run/2:00 walk	Rest Day	230/260 min
WEEK 9	5:00 brisk walk 9 x 10:00 (or 1 mi) run/1:00 walk	60 min walk or cross-training	5:00 brisk walk 70:00 (or 7 mi) run	45 min walk or cross-training	30:00 run (or 3 mi)	Rest Day	5:00 brisk walk 9 mile run	250/280 min