

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest	Jog 60 sec, Walk 90 sec - 8 times	Rest	Jog 60 sec, Walk 90 sec - 8 times	Rest	Jog 60 sec, Walk 90 sec - 8 times	Cross train (20 min)
Week 2	Rest	Jog 90 sec, Walk 2 min - 6 times	Rest	Jog 90 sec, Walk 2 min - 6 times	Rest	Jog 90 sec, Walk 2 min - 6 times	Cross train (20 min)
Week 3	Rest	Run 90 sec, Walk 90 sec - 2 times then Run 3 min, Walk 3 min	Rest	Run 90 sec, Walk 90 sec - 2 times then Run 3 min, Walk 3 min	Rest	Run 90 sec, Walk 90 sec - 2 times then Run 3 min, Walk 3 min	Cross train (20 min)
Week 4	Rest	Run 3 min, Walk 90 sec. Run 5 min, walk 2.5 min. 2 times	Rest	Run 3 min, Walk 90 sec. Run 5 min, walk 2.5 min. 2 times	Rest	Run 3 min, Walk 90 sec. Run 5 min, walk 2.5 min. 2 times	Cross train (30 min)
Week 5	Rest	Run 5 min, Walk 3 min. 2 times. Run 5 min.	Rest	Run 8 min, Walk 5 min, Run 8 min.	Rest	Run 20 min.	Cross train (20 min)
Week 6	Rest	Run 5 min, Walk 3 min. Run 8 min, Walk 3 min. Run 5 min.	Rest	Run 10 min, Walk 3 min. Run 10 min.	Rest	Run 25 min.	Cross train (20 min)
Week 7	Rest	Run 25-30 min.	Rest	Run 25-30 min.	Rest	Run 25-30 min.	Cross train (20 min)
Week 8	Rest	Run 8 min, Walk 4 min. 2 times.	Rest	Run 5 min Walk 3 min. 3 times.	Rest	Walk 10 min.	5K Race Day!