

## The schedule

3 workouts per week, for 9 weeks

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: <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>
4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>

5	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> <li>• Jog 3/4 mile (or 8 minutes)</li> <li>• Walk 1/2 mile (or 5 minutes)</li> <li>• Jog 3/4 mile (or 8 minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.</p>
6	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 3/4 mile (or 8 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> <li>• Jog 1 mile (or 10 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1 mile (or 10 minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.</p>
7	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>
8	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>
9	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>