

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1			2 MILES: RUN 30 SECONDS/ WALK 60 SECONDS	CROSS TRAINING: 30-60 MINUTES	2 MILES: RUN 45 SECONDS/ WALK 60 SECONDS	REST	2 MILES: RUN 45 SECONDS/ WALK 60 SECONDS
2	2.25 MILES: RUN 60 SECONDS/ WALK 60 SECONDS	REST	2.25 MILES: RUN 60 SECONDS/ WALK 60 SECONDS	CROSS TRAINING: 30-60 MINUTES	2.25 MILES: RUN 90 SECONDS/ WALK 60 SECONDS	REST	2.25 MILES: RUN 90 SECONDS/ WALK 60 SECONDS
3	2.5 MILES: RUN 2 MINUTES/WALK 1 MINUTE	REST	2.5 MILES: RUN 2 MINUTES/ WALK 1 MINUTE	CROSS TRAINING: 30-60 MINUTES	2.5 MILES: RUN 2:30/WALK 60 SECONDS	REST	2.5 MILES: RUN 2:30/WALK 60 SECONDS
4	2.75 MILES: RUN 3 MINUTES/WALK 60 SECONDS	REST	2.75 MILES: RUN 3 MINUTES/ WALK 60 SECONDS	CROSS TRAINING: 30-60 MINUTES	2.75 MILES: RUN 3:30/WALK 60 SECONDS	REST	2.75 MILES: RUN 3:30/WALK 60 SECONDS
5	3 MILES: RUN 4 MINUTES/WALK 60 SECONDS	REST	3 MILES: RUN 4 MINUTES/ WALK 60 SECONDS	CROSS TRAINING: 30-60 MINUTES	3 MILES: RUN 5 MINUTES/ WALK 60 SECONDS	REST	5K RACE