

	1	2	3	4	5	6	7
monday	Walk for 2 mins, run for 1 min 6 times (18 mins)	Walk for 2 mins, run for 2 mins 5 times, (20 mins)	Walk for 1 min, run for 3 mins, 5 times (20 mins)	Walk for 1 min, run for 5 mins, 4 times (24 mins)	Walk for 1 min, run for 6 mins, 4 times (28 mins)	Walk for 1 min, run for 8 mins, 3 times (27 mins)	Walk for 1 min, run for 9 mins, 3 times (30 mins)
tuesday							
wednesday	Walk for 2 mins, run for 1 min, 6 times (18 mins)	Walk for 2 mins, run for 2 mins 5 times, (20 mins)	Walk for 1 min, run for 3 mins, 5 times (20 mins)	Walk for 1 min, run for 5 mins, 4 times (24 mins)	Walk for 1 min, run for 6 mins, 4 times (28 mins)	Walk for 1 min, run for 8 mins, 3 times (27 mins)	Walk for 1 min, run for 9 mins, 3 times (30 mins)
thursday							
friday	Walk for 2 mins, run for 1 min, 6 times (18 mins)	Walk for 2 mins, run for 2 mins 5 times, (20 mins)	Walk for 1 min, run for 3 mins, 5 times (20 mins)	rest	Walk for 1 min, run for 6 mins, 4 times (28 mins)	Walk for 1 min, run for 8 mins, 3 times (27 mins)	Walk for 1 min, run for 9 mins, 3 times (30 mins)
saturday							
sunday	30 min brisk walk	35 min brisk walk	45 min brisk walk	1.5 mile timed run. Choose a pace that is slightly harder than usual but not all out. Record your time	1 hour brisk walking including 8 x 3 min jogs	Walk for 8 mins, jog for 10 mins, then rest for 2 mins. Repeat (40 mins)	Run for 20 mins!!