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| **Week** | **Workout One** | **Workout Two** | **Workout Three** |
| One | Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. |
| Two | Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes | Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes | Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes |
| Three | Brisk five-minute warm-up walk, then do two repetitions of the following:   * Jog 90 seconds * Walk 90 seconds * Jog 3 minutes * Walk 3 minutes | Brisk five-minute warm-up walk, then do two repetitions of the following:   * Jog 90 seconds * Walk 90 seconds * Jog 3 minutes * Walk 3 minutes | Brisk five-minute warm-up walk, then do two repetitions of the following:   * Jog 90 seconds * Walk 90 seconds * Jog 3 minutes * Walk 3 minutes |
| Four | Brisk five-minute warm-up walk, then:   * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes * Walk 2 ½ minutes * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes | Brisk five-minute warm-up walk, then:   * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes * Walk 2 ½ minutes * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes | Brisk five-minute warm-up walk, then:   * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes * Walk 2 ½ minutes * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes |
| **Week** | **Workout One** | **Workout Two** | **Workout Three** |
| Five | Brisk five-minute warm-up walk, then:   * Jog 5 minutes * Walk 3 minutes * Jog 5 minutes * Walk 3 minutes * Jog 5 minutes | Brisk five-minute warm-up walk, then:   * Jog 5 minutes * Walk 3 minutes * Jog 5 minutes * Walk 3 minutes * Jog 5 minutes | Brisk five-minute warm-up walk, then:   * Jog 5 minutes * Walk 3 minutes * Jog 5 minutes * Walk 3 minutes * Jog 5 minutes |
| Six | Brisk five-minute warm-up walk, then:   * Jog 5 minutes * Walk 3 minutes * Jog 8 minutes * Walk 3 minutes * Jog 5 minutes | Brisk five-minute warm-up walk, then:   * Jog 10 minutes * Walk 3 minutes * Jog 10 minutes | Brisk five-minute warm-up walk, then jog 2.25 miles (or 22 minutes) with no walking. |
| Seven | Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes) | Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes) | Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes) |
| Eight | Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes). |
| Nine | Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes). | Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes). | The final workout! Congratulations! Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes) |