|  |  |  |  |
| --- | --- | --- | --- |
| **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) |