

12 WEEK PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	6 X (RUN 1 MIN + WALK 4 MIN)	REST OR EXERCISE OF CHOICE	6 X (RUN 1 MIN + WALK 4 MIN)	REST OR EXERCISE OF CHOICE	6 X (RUN 1 MIN + WALK 4 MIN)	6 X (RUN 1 MIN + WALK 4 MIN)	REST
2	5 X (RUN 2 MIN + WALK 4 MIN)	REST OR EXERCISE OF CHOICE	5 X (RUN 2 MIN + WALK 4 MIN)	REST OR EXERCISE OF CHOICE	5 X (RUN 2 MIN + WALK 4 MIN)	5 X (RUN 2 MIN + WALK 4 MIN)	REST
3	5 X (RUN 4 MIN + WALK 2 MIN)	REST OR EXERCISE OF CHOICE	5 X (RUN 4 MIN + WALK 2 MIN)	REST OR EXERCISE OF CHOICE	5 X (RUN 4 MIN + WALK 2 MIN)	5 X (RUN 4 MIN + WALK 2 MIN)	REST
4	4 X (RUN 6 MIN + WALK 2 MIN)	REST OR EXERCISE OF CHOICE	4 X (RUN 6 MIN + WALK 2 MIN)	REST OR EXERCISE OF CHOICE	4 X (RUN 6 MIN + WALK 2 MIN)	4 X (RUN 6 MIN + WALK 2 MIN)	REST
5	3 X (RUN 8 MIN + WALK 3 MIN)	REST OR EXERCISE OF CHOICE	3 X (RUN 8 MIN + WALK 3 MIN)	REST OR EXERCISE OF CHOICE	3 X (RUN 8 MIN + WALK 3 MIN)	3 X (RUN 8 MIN + WALK 3 MIN)	REST
6	3 X (RUN 10 MIN + WALK 1 MIN)	REST OR EXERCISE OF CHOICE	3 X (RUN 10 MIN + WALK 1 MIN)	REST OR EXERCISE OF CHOICE	3 X (RUN 10 MIN + WALK 1 MIN)	3 X (RUN 10 MIN + WALK 1 MIN)	REST
7	2 X (RUN 13 MIN + WALK 2 MIN)	REST OR EXERCISE OF CHOICE	2 X (RUN 13 MIN + WALK 2 MIN)	REST OR EXERCISE OF CHOICE	2 X (RUN 13 MIN + WALK 2 MIN)	2 X (RUN 13 MIN + WALK 2 MIN)	REST
8	2 X (RUN 14 MIN + WALK 1 MIN)	REST OR EXERCISE OF CHOICE	2 X (RUN 14 MIN + WALK 1 MIN)	REST OR EXERCISE OF CHOICE	2 X (RUN 14 MIN + WALK 1 MIN)	2 X (RUN 14 MIN + WALK 1 MIN)	REST
9	RUN 18 MIN + WALK 2 MIN + RUN 10 MIN	REST OR EXERCISE OF CHOICE	RUN 18 MIN + WALK 2 MIN + RUN 10 MIN	REST OR EXERCISE OF CHOICE	RUN 18 MIN + WALK 2 MIN + RUN 10 MIN	RUN 18 MIN + WALK 2 MIN + RUN 10 MIN	REST
10	RUN 20 MIN + WALK 1 MIN + RUN 10 MIN	REST OR EXERCISE OF CHOICE	RUN 20 MIN + WALK 1 MIN + RUN 10 MIN	REST OR EXERCISE OF CHOICE	RUN 20 MIN + WALK 1 MIN + RUN 10 MIN	RUN 20 MIN + WALK 1 MIN + RUN 10 MIN	REST
11	RUN 25 MIN + WALK 1 MIN + RUN 5 MIN	REST OR EXERCISE OF CHOICE	RUN 25 MIN + WALK 1 MIN + RUN 5 MIN	REST OR EXERCISE OF CHOICE	RUN 25 MIN + WALK 1 MIN + RUN 5 MIN	RUN 25 MIN + WALK 1 MIN + RUN 5 MIN	REST
12	EXERCISE OF CHOICE	RUN 30 MIN	REST OR EXERCISE OF CHOICE	RUN 20 MIN	REST	RACE!	RECOVER