

This program is perfect for someone who wants to slowly graduate from walking to running! At the end of this program, try a 5K!

***Run/walk interval** = Warm up brisk jog for 5 minutes, run for 30 seconds and walk for a minute and a half. Repeat for desired time. If this becomes too easy, increase your running time; decrease your walking time or both! As you progress, try to eliminate the walking portion all together.

***Run/Walk** = Warm up with a brisk walk for 5 minutes, run until you feel fatigued then walk until you feel recovered. Repeat for the specified mileage. Push yourself and try to run as much as you can!

***Rest or walk** = Use this day as a rest day, or walk for 30-45 minutes.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest or walk	15 min. run/walk interval	Rest or walk	15 min. run/walk interval	Rest	1.5-mile run/walk	30-60 min. walk
2	Rest or walk	15 min. run/walk interval	Rest or walk	15 min. run/walk interval	Rest	1.75-mile run/walk	35-65 min. walk
3	Rest or walk	20 min. run/walk interval	Rest or walk	20 min. run/walk interval	Rest	2-mile run/walk	40-60 min. walk
4	Rest or walk	20 min. run/walk interval	Rest or walk	20 min. run/walk interval	Rest	2.25-mile run/walk	45-60 min. walk
5	Rest or walk	25 min. run/walk interval	Rest or walk	25 min. run/walk interval	Rest	2.5-mile run/walk	50-60 min. walk
6	Rest or walk	25 min. run/walk interval	Rest or walk	25 min. run/walk interval	Rest	2.75-mile run/walk	55-60 min. walk
7	Rest or walk	30 min. run/walk interval	Rest or walk	30 min. run/walk interval	Rest	3-mile run/walk	60 min. walk
8	Rest or walk	30 min. run/walk interval	Rest or walk	30 min. run/walk interval	Rest	Rest or run/walk	5K Race