

## **Week 1** 4/8/21

For your 3 runs in week 1, you will begin with a brisk 5-minute walk. After this, you will alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 20 minutes.

## **Week 2** 11/8/21

For your 3 runs in week 2, you will begin with a brisk 5-minute walk. After this, you will alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes.

## **Week 3** 18/8/21

For your 3 runs in week 3, you will begin with a brisk 5-minute walk, then 2 repetitions of 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking.

## **Week 4** 25/8/21

For your 3 runs in week 4, you will begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 5 minutes of running, 2-and-a-half minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking and 5 minutes of running.

## **Week 5** 1/9/21

There are 3 different runs this week:

**Run 1:** a brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 5 minutes of running, 3 minutes of walking and 5 minutes of running.

**Run 2:** a brisk 5-minute walk, then 8 minutes of running, 5 minutes of walking and 8 minutes of running.

**Run 3:** a brisk 5-minute walk, then 20 minutes of running, with no walking.

## **Week 6** 8/9/21

There are 3 different runs this week:

**Run 1:** a brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 8 minutes of running, 3 minutes of walking and 5 minutes of running.

**Run 2:** a brisk 5-minute walk, then 10 minutes of running, 3 minutes of walking and 10 minutes of running.

**Run 3:** a brisk 5-minute walk, then 25 minutes of running with no walking.

## **Week 7** 25/9/21

For your 3 runs in week 7, you will begin with a brisk 5-minute walk, then 25 minutes of running.

## **Week 8** 22/9/21

For your 3 runs in week 8, you will begin with a brisk 5-minute walk, then 28 minutes of running.

## **Week 9** 29/9/21

For your 3 runs in week 9, you will begin with a brisk 5-minute walk, then 30 minutes of running.