

Week	Sunday	Monday	Wednesday	Friday
1	Walk 1/2 mile	Walk 1 mile	Jog: 1 min Walk: 3 min 15 minutes	Brisk Walk 10 minutes
2	Jog: 1 min Walk: 3 min 20 minutes	Walk 10 minutes	Jog: 1 min Walk: 2 min 15 minutes	Brisk Walk 10 minutes
3	Jog: 1 min Walk: 2 min 25 minutes	Walk 25 minutes	Jog: 1 min Walk: 1 min 1 mile	Brisk Walk 15 minutes
4	Jog: 1 min Walk: 2 min 30 minutes	Walk 30 minutes	Jog: 1 min Walk: 1 min 1.5 miles	Brisk Walk 20 minutes
5	Jog: 1 min Walk: 1 min 30 minutes	Walk 30 minutes	Jog: 1 min Walk: 3 min 2 miles	Brisk Walk 20 minutes
6	Run: 30 seconds Walk: 1 min 25 minutes	Jog: 1 min Walk: 1 min 2 miles	Jog: 2 min Walk: 2 min 30 minutes	Brisk Walk 20 minutes
7	Jog: 3 min Walk: 1 min 2.5 miles	Jog 10 minutes	Run: 30 seconds Walk: 1 min 35 minutes	Jog: 3 min Walk: 1 min 30 minutes
8	Jog: 2 min Walk: 1 min 3 miles	Jog 15 minutes	Run: 1 min Walk: 1 min 30 minutes	Brisk Walk 25 minutes
9	Jog: 3 min Walk: 1 min 3 miles	Jog 10 minutes	Jog: 2 min Walk: 1 min 25 minutes	Brisk Walk 15 minutes