

# Walk/Run Plan | Weeks 1-8

## WEEK 1

- R 1m + W 2m x 8 (34 min)
- R 1m + W 2m x 6 (28 min)
- R 1m + W 2m x 7 (31 min)

## WEEK 2

- R 2m + W 2m x 7 (38 min)
- R 1m + W 2m x 7 (31 min)
- R 2m + W 2m x 6 (34 min)

## WEEK 3

- R 3m + W 2m x 7 (45 min)
- R 2m + W 2m x 6 (34 min)
- R 3m + W 2m x 6 (40 min)

## WEEK 4

- R 3m + W 2m x 6 (40 min)
- R 2m + W 2m x 5 (30 min)
- R 2m + W 3m x 6 (40 min)

## WEEK 5

- R 3m + W 1m x 9 (46 min)
- R 2m + W 1m x 8 (34 min)
- R 3m + W 1m x 8 (42 min)

## WEEK 6

- R 5m + W 1m x 7 (52 min)
- R 3m + W 1m x 7 (38 min)
- R 3m + W 1m x 10 (50 min)

## WEEK 7

- R 10m + W 1m x 4 (54 min)
- R 4m + W 1m x 6 (40 min)
- R 5m + W 1m x 7 (52 min)

## WEEK 8

- R 10m + W 1m x 4 (54 min)
- R 3m + W 1m x 7 (38 min)
- R 5m + W 1m x 6 (46 min)

# Walk/Run Plan | Weeks 9-16

## WEEK 9

- R 10m + W 1m / R 15m + W 1m / R 20m + W 1m / R 10m (68 min)
- R 5m + W 1m x 6 (46 min)
- R 10m + W 1m x 4 (54 min)

## WEEK 10

- R 10m + W 1m / R 20m + W 1m / R 30m (72 min)
- R 10m + W 1m x 4 (54 min)
- R 20m + W 1m / R 15m + W 1m / R 10m (57 min)

## WEEK 11

- R 40m + W 1m / R 20m (71 min)
- R 10m + W 1m x 4 (54 min)
- R 20m + W 1m / R 15m + W 1m / R 10m (57 min)

## WEEK 12

- R 50m (60 min)
- R 10m + W 1m x 3 (43 min)
- R 15m + W 1m / R 15m + W 1m / R 10m (52 min)

## WEEK 13

- R 40m (50 min)
- R 10m + W 1m x 3 (43 min)
- 10k run (60 min)

## WEEK 14

- R 4m + W 2m x 7 (42 min)
- R 4m + W 2m x 8 (48 min)
- R 4m + W 2m x 8 (48 min)

## WEEK 15

- R 5m + W 1m x 7 (52 min)
- R 5m + W 1m x 8 (58 min)
- R 5m + W 1m x 9 (64 min)

## WEEK 16

- R 7m + W 2m x 5 (55 min)
- R 7m + W 2m x 5 (55 min)
- R 7m + W 2m x 6 (64 min)