

	Week 1	Week 2	Week 3
Monday	5min walk, 25min run, 5min walk	5min walk, 35min run, 5min walk	5min walk, 45min run, 5min walk
Tuesday	Rest	Rest	Rest
Wednesday	5min walk, 30min run, 5min walk	5min walk, 40min run, 5min walk	5min walk, 25min run, 5min walk
Thursday	Rest	Rest	5min walk, 30min run, 5min walk
Friday	Rest	Rest	Rest
Saturday	5min walk, 30min run, 5min walk	5min walk, 5k Parkrun, 5min walk	5min walk, 5k Parkrun, 5min walk
Sunday	Rest	Rest	Rest

	Week 4	Week 5	Week 6
Monday	5min walk, 60min run, 5min walk	5min walk, 70min run, 5min walk	Rest
Tuesday	Rest	Rest	5min walk, 40min run, 5min walk
Wednesday	5min walk, 40min run, 5min walk	5min walk, 50min run, 5min walk	5min walk, 30min run, 5min walk
Thursday	5min walk, 30min run, 5min walk	Rest	Rest
Friday	Rest	5min walk, 30min run, 5min walk	5min walk, 20min run, 5min walk
Saturday	5min walk, 5k Parkrun, 5min walk	Rest	Rest
Sunday	Rest	5min walk, 60min run, 5min walk	10k Race