



WEEK	WORKOUT ONE	WORKOUT TWO	WORKOUT THREE
WEEK ONE	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
WEEK TWO	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
WEEK THREE	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> - Jog 200 yards (or 90 seconds) - Walk 200 yards (or 90 seconds) - Jog 400 yards (or 3 minutes) - Walk 400 yards (or 3 minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> - Jog 200 yards (or 90 seconds) - Walk 200 yards (or 90 seconds) - Jog 400 yards (or 3 minutes) - Walk 400 yards (or 3 minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> - Jog 200 yards (or 90 seconds) - Walk 200 yards (or 90 seconds) - Jog 400 yards (or 3 minutes) - Walk 400 yards (or 3 minutes)
WEEK FOUR	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> - Jog ¼ mile (or 3 minutes) - Walk 1/8 mile (or 90 seconds) - Jog ½ mile (or 5 minutes) - Walk ¼ mile (or 2.5 minutes) - Jog ¼ mile (or 3 minutes) - Walk 1/8 mile (or 90 seconds) - Jog ½ mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> - Jog ¼ mile (or 3 minutes) - Walk 1/8 mile (or 90 seconds) - Jog ½ mile (or 5 minutes) - Walk ¼ mile (or 2.5 minutes) - Jog ¼ mile (or 3 minutes) - Walk 1/8 mile (or 90 seconds) - Jog ½ mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> - Jog ¼ mile (or 3 minutes) - Walk 1/8 mile (or 90 seconds) - Jog ½ mile (or 5 minutes) - Walk ¼ mile (or 2.5 minutes) - Jog ¼ mile (or 3 minutes) - Walk 1/8 mile (or 90 seconds) - Jog ½ mile (or 5 minutes)
WEEK FIVE	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> - Jog ½ mile (or 5 minutes) - Walk ¼ mile (or 3 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> - Jog ¾ mile (or 8 minutes) - Walk ½ mile (or 5 minutes) 	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.

	<ul style="list-style-type: none"> - Jog ½ mile (or 5 minutes) - Walk ¼ mile (or 3 minutes) - Jog ½ mile (or 5 minutes) 	<ul style="list-style-type: none"> - Jog ¾ mile (or 8 minutes) 	
WEEK SIX	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> - Jog ½ mile (or 5 minutes) - Walk ¼ mile (or 3 minutes) - Jog ¾ mile (or 8 minutes) - Walk ¼ mile (or 3 minutes) - Jog ½ mile (or 5 minutes) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> - Jog 1 mile (or 10 minutes) - Walk ¼ mile (or 3 minutes) - Jog 1 mile (or 10 minutes) 	<p>Brisk five-minute warmup walk, then jog 2 ¼ miles (or 22 minutes) with no walking.</p>
WEEK SEVEN	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>
WEEK EIGHT	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>
WEEK NINE	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>



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Working Toward Wellness