CHRIS LYRUES Working Toward Wellness

WEEK	WORKOUT ONE	WORKOUT TWO	WORKOUT THREE
WEEK ONE	Brisk five-minute	Brisk five-minute	Brisk five-minute
	warmup walk. Then	warmup walk. Then	warmup walk. Then
	alternate 60 seconds of	alternate 60 seconds of	alternate 60 seconds of
	jogging and 90 seconds	jogging and 90 seconds	jogging and 90 seconds
	of walking for a total of	of walking for a total of	of walking for a total of
	20 minutes.	20 minutes.	20 minutes.
WEEK TWO	Brisk five-minute	Brisk five-minute	Brisk five-minute
	warmup walk. Then	warmup walk. Then	warmup walk. Then
	alternate 90 seconds of	alternate 90 seconds of	alternate 90 seconds of
	jogging and two	jogging and two	jogging and two
	minutes of walking for a	minutes of walking for a	minutes of walking for a
	total of 20 minutes.	total of 20 minutes.	total of 20 minutes.
WEEK THREE	Brisk five-minute	Brisk five-minute	Brisk five-minute
	warmup walk, then do	warmup walk, then do	warmup walk, then do
	two repetitions of the	two repetitions of the	two repetitions of the
	following:	following:	following:
	- Jog 200 yards	- Jog 200 yards	- Jog 200 yards
	(or 90 seconds)	(or 90 seconds)	(or 90 seconds)
	- Walk 200 yards	- Walk 200 yards	- Walk 200 yards
	(or 90 seconds)	(or 90 seconds)	(or 90 seconds)
	- Jog 400 yards	- Jog 400 yards	- Jog 400 yards
	(or 3 minutes)	(or 3 minutes)	(or 3 minutes)
	- Walk 400 yards (or 3 minutes)	 Walk 400 yards (or 3 minutes) 	 Walk 400 yards (or 3minutes)
WEEK FOUR	Brisk five-minute	Brisk five-minute	Brisk five-minute
WEEK FOUR	warmup walk, then:	warmup walk, then:	warmup walk, then:
	- Jog ¼ mile (or 3	- Jog ¼ mile (or 3	- Jog ¼ mile (or 3
	minutes)	minutes)	minutes)
	- Walk 1/8 mile	- Walk 1/8 mile	- Walk 1/8 mile
	(or 90 seconds)	(or 90 seconds)	(or 90 seconds)
	- Jog ½ mile (or 5	- Jog ½ mile (or 5	- Jog ½ mile (or 5
	minutes)	minutes)	minutes)
	- Walk ¼ mile (or	- Walk ¼ mile (or	- Walk ¼ mile (or
	2.5 minutes)	2.5 minutes)	2.5 minutes)
	- Jog ¼ mile (or 3	- Jog ¼ mile (or 3	- Jog ¼ mile (or 3
	minutes)	minutes)	minutes)
	- Walk 1/8 mile	- Walk 1/8 mile	- Walk 1/8 mile
	(or 90 seconds)	(or 90 seconds)	(or 90 seconds)
	- Jog ½ mile (or 5	- Jog ½ mile (or 5	- Jog ½ mile (or 5
	minutes)	minutes)	minutes)
WEEK FIVE	Brisk five-minute	Brisk five-minute	Brisk five-minute
	warmup walk, then:	warmup walk, then:	warmup walk, then jog
	- Jog ½ mile (or 5	- Jog ¾ mile (or 8	two miles (or 20
	minutes)	minutes)	minutes) with no
	- Walk ¼ mile (or	 Walk ½ mile (or 	walking.
	3 minutes)	5 minutes)	

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	- Jog ½ mile (or 5	 Jog ¾ mile (or 8 	
	minutes)	minutes)	
	 Walk ¼ mile (or 		
	3 minutes)		
	- Jog ½ mile (or 5		
	minutes)		
WEEK SIX	Brisk five-minute	Brisk five-minute	Brisk five-minute
	warmup walk, then:	warmup walk, then:	warmup walk, then jog
	- Jog ½ mile (or 5	- Jog 1 mile (or	2 ¼ miles (or 22
	minutes)	10 minutes)	minutes) with no
	- Walk ¼ mile (or	 Walk ¼ mile (or 	walking.
	3 minutes)	3 minutes)	
	- Jog ¾ mile (or 8	- Jog 1 mile (or	
	minutes)	10 minutes)	
	- Walk ¼ mile (or		
	3 minutes)		
	- Jog ½ mile (or 5		
	minutes)		
WEEK SEVEN	Brisk five-minute	Brisk five-minute	Brisk five-minute
	warmup walk, then jog	warmup walk, then jog	warmup walk, then jog
	2.5 miles (or 25	2.5 miles (or 25	2.5 miles (or 25
	minutes).	minutes).	minutes).
WEEK EIGHT	Brisk five-minute	Brisk five-minute	Brisk five-minute
	warmup walk, then jog	warmup walk, then jog	warmup walk, then jog
	2.75 miles (or 28	2.75 miles (or 28	2.75 miles (or 28
	minutes).	minutes).	minutes).
WEEK NINE	Brisk five-minute	Brisk five-minute	The final workout!
	warmup walk, then jog	warmup walk, then jog	Congratulations! Brisk
	3 miles (or 30 minutes).	3 miles (or 30 minutes).	five-minute warmup
			walk, then jog 3 miles
			(or 30 minutes).

