	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WK1	5 MIN Brisk Walk COMPLETE 8 SETS: 60 SEC Jog 90 SEC Walk	6 MIN Walk 4 MIN Jog 6 MIN Walk	5 MIN Brisk Walk COMPLETE 8 SETS: 60 SEC Jog 90 SEC Walk	6 MIN Walk 4 MIN Jog 6 MIN Walk	5 MIN Brisk Walk COMPLETE 8 SETS: 60 SEC Jog 90 SEC Walk
WK2	5 MIN Brisk Walk COMPLETE 6 SETS: 90 SEC Jog 2 MIN Walk	6 MIN Walk 6 MIN Jog 6 MIN Walk	5 MIN Brisk Walk COMPLETE 6 SETS: 90 SEC Jog 2 MIN Walk	6 MIN Walk 6 MIN Jog 6 MIN Walk	5 MIN Brisk Walk COMPLETE 6 SETS: 90 SEC Jog 2 MIN Walk
WK3	5 MIN Brisk Walk COMPLETE 2 SETS: 3 MIN Jog 3 MIN Walk 5 MIN Jog 3 MIN Walk	5 MIN Walk 8 MIN Jog 5 MIN Walk	5 MIN Brisk Walk COMPLETE 2 SETS: 3 MIN Jog 3 MIN Walk 5 MIN Jog 3 MIN Walk	Rest	5 MIN Brisk Walk Jog 2 MILES or 20 MIN WITHOUT STOPPING
WK4	5 MIN Walk 5 MIN Jog 4 MIN Walk 8 MIN Jog 5 MIN Walk 6 MIN Jog	5 MIN Walk 9 MIN Jog 5 MIN Walk	5 MIN Brisk Walk 1 MILE Jog 5 MIN Walk 1.5 MILE Jog	5 MIN Walk 9 MIN Jog 5 MIN Walk	5 MIN Brisk Walk Jog 2.25 MILES or 22 MIN WITHOUT STOPPING
WK5	5 MIN Walk 6 MIN Jog 5 MIN Walk 9 MIN Jog 5 MIN Walk 6 MIN Jog	5 MIN Walk 10 MIN Jog 5 MIN Walk	5 MIN Brisk Walk COMPLETE 3 SETS: 10 MIN Jog 4 MIN Walk	5 MIN Walk 8 MIN Jog 5 MIN Walk	5 MIN Brisk Walk Jog 2.5 MILES or 25 MIN WITHOUT STOPPING
WK6	5 MIN Brisk Walk Jog 2.5 MILES or 25 MIN WITHOUT STOPPING	5 MIN Walk 10 MIN Jog 5 MIN Walk	5 MIN Brisk Walk Jog 2.5 MILES or 25 MIN WITHOUT STOPPING	5 MIN Walk 10 MIN Jog 5 MIN Walk	5 MIN Brisk Walk Jog 2.75 MILES or 28 MIN WITHOUT STOPPING
WK7	5 MIN Brisk Walk Jog 2.75 MILES or 28 MIN WITHOUT STOPPING	6 MIN Walk 12 MIN Jog 6 MIN Walk	5 MIN Brisk Walk Jog 2.75 MILES or 28 MIN WITHOUT STOPPING	Rest	5 MIN Brisk Walk Jog 3 MILES or 30 MIN WITHOUT STOPPING
WK8	5 MIN Brisk Walk Jog 3 MILES or 30 MIN WITHOUT STOPPING	4 MIN Walk 9 MIN Jog 4 MIN Walk	5 MIN Brisk Walk Jog 3 MILES or 30 MIN WITHOUT STOPPING	Rest	