

Week	Day	Activity
1 7/25/2016	1	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Alternate 60 seconds of jogging and 90 seconds of walking. Repeat 8 times (20 minutes).
	2	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Alternate 60 seconds of jogging and 90 seconds of walking. Repeat 8 times (20 minutes).
	3	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Alternate 60 seconds of jogging and 90 seconds of walking. Repeat 8 times (20 minutes).
2	1	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Alternate 1 minute of jogging and 2 minutes of walking. Repeat 7 times (approx. 20 minutes).
	2	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Alternate 1 minute of jogging and 2 minutes of walking. Repeat 7 times (approx. 20 minutes).
	3	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Alternate 1 minute of jogging and 2 minutes of walking. Repeat 7 times. (approx. 20 minutes)
3	1	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A1) Jog for 90 seconds; walk for 90 seconds. (A2) Jog for 3 minutes; walk for 3 minutes. Repeat twice.
	2	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A1) Jog for 90 seconds; walk for 90 seconds. (A2) Jog for 3 minutes; walk for 3 minutes. Repeat twice.
	3	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A1) Jog for 90 seconds; walk for 90 seconds. (A2) Jog for 3 minutes; walk for 3 minutes. Repeat twice.
4	1	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A) Jog for 3 minutes; walk for 90 seconds. (B) Jog 5 minutes; walk 2.5 minutes. (C) Jog for 3 minutes; walk for 90 seconds. (D) Jog for 5 minutes.
4	2	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A) Jog for 3 minutes; walk for 90 seconds. (B) Jog 5 minutes; walk 2.5 minutes. (C) Jog for 3 minutes; walk for 90 seconds. (D) Jog for 5 minutes.
4	3	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A) Jog for 3 minutes; walk for 90 seconds. (B) Jog 5 minutes; walk 2.5 minutes. (C) Jog for 3 minutes; walk for 90 seconds. (D) Jog for 5 minutes.
5	1	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A) Jog for 5 minutes; walk for 3 minutes. (B) Jog for 5 minutes; walk for 3 minutes. (C) Jog for 5 minutes.
5	2	<i>Warm-up: walk or calisthenics for 5 minutes.</i> (A) Jog 0.75 miles; Walk 0.5 miles. (B) Jog 0.75 miles.

5	3	Warm-up: walk or calisthenics for 5 minutes. Jog 2 miles (no walking).
6	1	Warm-up: walk or calisthenics for 5 minutes. (A) Jog for 5 minutes; walk for 3 minutes. (B) Jog for 8 minutes; walk for 3 minutes. (C) Jog for 5 minutes.
6	2	Warm-up: walk or calisthenics for 5 minutes. (A) Jog 1 mile. (B) Walk 0.25 miles. (C) Jog 1 mile.
6	3	Warm-up: walk or calisthenics for 5 minutes. Jog 2 miles (no walking)
6	4	Warm-up: walk or calisthenics for 5 minutes. Jog 2 miles (no walking)
7	1	Warm-up: walk or calisthenics for 5 minutes. Jog 2 miles (no walking)
7	2	Warm-up: walk or calisthenics for 5 minutes. Jog 2.5 miles (no walking)
7	3	Warm-up: walk or calisthenics for 5 minutes. Jog 2.75 miles (no walking).
7	4	Warm-up: walk or calisthenics for 5 minutes. Jog 2.75 miles (no walking).
8	1	Warm-up: walk or calisthenics for 5 minutes. Jog 3 miles (no walking). 5K!!!
	2	Warm-up: walk or calisthenics for 5 minutes. Jog for 10 minutes; walk for 1 minute. Repeat 4 times.
	3	Warm-up: walk or calisthenics for 5 minutes. Jog for 10 minutes; walk for 1 minute. Repeat 4 times.
	4	Warm-up: walk or calisthenics for 5 minutes. Jog for 10 minutes; walk for 1 minute. Repeat 4 times.
9	1	Warm-up: walk or calisthenics for 5 minutes. Jog for 10 minutes; walk for 1 minute. Repeat 4 times.
	2	Warm-up: walk or calisthenics for 5 minutes. Jog for 15 minutes; walk for 1 minute. Repeat 3 times.
	3	Warm-up: walk or calisthenics for 5 minutes. Jog for 15 minutes; walk for 1 minute. Repeat 3 times.
	4	Warm-up: walk or calisthenics for 5 minutes. Jog for 17 minutes; walk for 1 minute. Repeat 3 times.
10	1	Warm-up: walk or calisthenics for 5 minutes. Jog for 17 minutes; walk for 1 minute. Repeat 3 times.
	2	Warm-up: walk or calisthenics for 5 minutes. Jog for 17 minutes; walk for 1 minute. Repeat 3 times.
	3	Warm-up: walk or calisthenics for 5 minutes. Jog for 18 minutes; walk for 1 minute. Repeat 3 times.
	4	Warm-up: walk or calisthenics for 5 minutes. Jog for 18 minutes; walk for 1 minute. Repeat 3 times.
11	1	Warm-up: walk or calisthenics for 5 minutes. Jog for 22 minutes; walk for 1 minute. Repeat 2 times.

11	2	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Jog for 25 minutes; walk for 1 minute. Repeat 2 times.
	3	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Brisk 5-minute warm-up walk. Jog for 30 minutes; walk for 1 minute. Repeat 2 times.
	4	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Brisk 5-minute warm-up walk. Jog for 40 minutes; walk for 1 minute; jog for 15 minutes.
12	1	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Jog for 60 minutes.
	2	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Jog for 60 minutes.
	3	REST DAY
10/15/2016	4	<i>Warm-up: walk or calisthenics for 5 minutes.</i> Jog the full 10K!