

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
<b>Day 1</b>	Run 1 min, walk 1 min, repeat x10	Run 2 min, walk 1 min, repeat x 8	Run 4 min, walk 1 min, repeat x 5	Run 6 min, walk 1 min, repeat x 4	Run 8 min, walk 1 min, repeat x 3	Run 10 min, walk 1 min, repeat x 3	Run 15 min, walk 1 min, repeat x 2	Run 25 min, walk 1 min, run 5 min	Run 30 min
<b>Day 2</b>	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength	
<b>Day 3</b>	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Run 18 min, walk 1 min, run 12 min	Run 30 min	Run 20 min
<b>Day 4</b>	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength	
<b>Day 5</b>	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Run 20 min, walk 1 min, run 10 min	Run 30 min	Run 5K