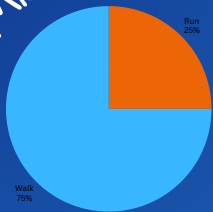




WEEK 1

1 Minute



On run/walk days, walkers walk only. Runners run for 15's/ walk for 45's.

Monday	Run/Walk 20 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/Walk 20 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/Walk 20 minutes
Sunday	Rest or walk

We recommend wearing comfortable clothes and shoes. Choose a safe place to Walk / Jog with a flat surface. Drink plenty of water. Stop at any stage throughout the session.

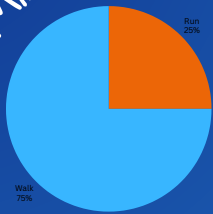
Don't forget to warm up, cool down and stretch.

Remember to listen to your body and take things at your own pace.



WEEK 2

1 Minute



On run/walk days, walkers walk only. Runners run for 15's/ walk for 45's.

Monday	Run/Walk 25 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/Walk 25 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/Walk 30 minutes
Sunday	Rest or walk

We recommend wearing comfortable clothes and shoes. Choose a safe place to Walk / Jog with a flat surface. Drink plenty of water. Stop at any stage throughout the session.

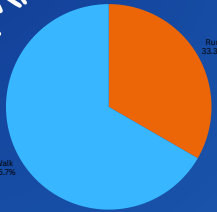
Don't forget to warm up, cool down and stretch.

Remember to listen to your body and take things at your own pace.



WEEK 3

1 Minute



On run/walk days, walkers walk only. Runners run for 20's/ walk for 40's.

Monday	Run/Walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/Walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/Walk 35 minutes
Sunday	Rest or walk

We recommend wearing comfortable clothes and shoes. Choose a safe place to Walk / Jog with a flat surface. Drink plenty of water. Stop at any stage throughout the session.

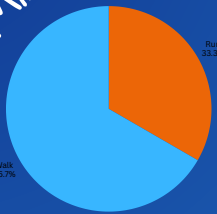
Don't forget to warm up, cool down and stretch.

Remember to listen to your body and take things at your own pace.



WEEK 4

1 Minute



On run/walk days, walkers walk only. Runners run for 20's/ walk for 40's.

Monday	Run/Walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/Walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/Walk 35 minutes
Sunday	Rest or walk

We recommend wearing comfortable clothes and shoes. Choose a safe place to Walk / Jog with a flat surface. Drink plenty of water. Stop at any stage throughout the session.

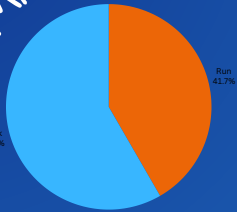
Don't forget to warm up, cool down and stretch.

Remember to listen to your body and take things at your own pace.



WEEK 5

1 Minute



On run/walk days, walkers walk only. Runners run for 25's/ walk for 35's.

Monday	Run/Walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/Walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/Walk 40 minutes
Sunday	Rest or walk

We recommend wearing comfortable clothes and shoes. Choose a safe place to Walk / Jog with a flat surface. Drink plenty of water. Stop at any stage throughout the session.

Don't forget to warm up, cool down and stretch.

Remember to listen to your body and take things at your own pace.



WEEK 6

1 Minute



On run/walk days, walkers walk only. Runners run for 30's/ walk for 30's.

Monday	Run/Walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/Walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	3k race day
Sunday	Rest or walk

We recommend wearing comfortable clothes and shoes. Choose a safe place to Walk / Jog with a flat surface. Drink plenty of water. Stop at any stage throughout the session.

Don't forget to warm up, cool down and stretch.

Remember to listen to your body and take things at your own pace.