

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	6 x (1 min easy run followed by 1 min of easy walk)	REST	REST	20 minutes brisk walking.	REST	1 min easy run followed by 1 min easy walk, for a total distance of 1 mile.

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes brisk walking.	REST	REST	10 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles.

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	10 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles.

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	5 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 3 miles.

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 4 miles.

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 5 miles.

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	9 x (2 min easy run followed by 2 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 6 miles.

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	6 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 7 miles.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	7 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 8 miles.

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	7 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 10 miles.

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	5 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 5 miles.

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	30 minutes easy walking.	REST	EVENT DAY GOOD LUCK!