

Weeks 1-3: Building Your Base

Day 1: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 2:	Day 3: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 4:	Day 5: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 6:	Day 7:
Day 8: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 9:	Day 10: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 11:	Day 12: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 13:	Day 14:
Day 15: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 16:	Day 17: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 18:	Day 19: - Brisk 5-min warm-up walk. - Then alternate with 60 seconds of jogging and 90 seconds of walking for a total of 20 min (or 8 rounds of 60/90). Total: ~25 min	Day 20:	Day 21:

Weeks 4-5: Building Your Courage

<p>Day 22: - Brisk 5-min warm-up walk, then do 2 repetitions of the following: - Jog 200 yards (or 90 seconds) - Walk 200 yards (or 90 seconds) - Jog 400 yards (or 3 min) - Walk 400 yards (or 3 min) Total: ~23 min</p>	<p>Day 23:</p>	<p>Day 24: - Brisk 5-min warm-up walk, then do 2 repetitions of the following: - Jog 200 yards (or 90 seconds) - Walk 200 yards (or 90 seconds) - Jog 400 yards (or 3 min) - Walk 400 yards (or 3 min) Total: ~23 min</p>	<p>Day 25:</p>	<p>Day 26: - Brisk 5-min warm-up walk, then do 2 repetitions of the following: - Jog 200 yards (or 90 seconds) - Walk 200 yards (or 90 seconds) - Jog 400 yards (or 3 min) - Walk 400 yards (or 3 min) Total: ~23 min</p>	<p>Day 27:</p>	<p>Day 28:</p>
<p>Day 29: - Brisk 5-min warm-up walk followed by: - Jog 0.25 mile (or 3 min) - Walk 0.125 mile (or 90 seconds) - Jog 0.5 mile (or 5 min) - Walk 0.25 mile (or 2.5 min) - Jog 0.25 mile (or 3 min) - Walk 0.125 mile (or 90 seconds) - Jog 0.5 mile (or 5 min) - Brisk 5-min cool-down walk Total: ~32 min</p>	<p>Day 30:</p>	<p>Day 31: - Brisk 5-min warm-up walk followed by: - Jog 0.25 mile (or 3 minutes) - Walk 0.125 mile (or 90 seconds) - Jog 0.5 mile (or 5 min) - Walk 0.25 mile (or 2 ½ min) - Jog 0.25 mile (or 3 minutes) - Walk 0.125 mile (or 90 seconds) - Jog 0.5 mile (or 5 min) - Brisk 5-min cool-down walk Total: ~32 min</p>	<p>Day 32:</p>	<p>Day 33: - Brisk 5-min warm-up walk - Jog 0.25 mile (or 3 min) - Walk 0.125 mile (or 90 seconds) - Jog 0.5 mile (or 5 min) - Walk 0.25 mile (or 2.5 min) - Jog 0.25 mile (or 3 minutes) - Walk 0.125 mile (or 90 seconds) - Jog 0.5 mile (or 5 minutes) - Brisk 5-min cool-down walk</p>	<p>Day 34:</p>	<p>Day 35:</p>

Weeks 6-8: Building Your Confidence

<p>Day 36: - Brisk 5-min warm-up walk - Jog 0.5 mile (or 5 min) - Walk 0.25 mile (or 3 min) - Jog 0.5 mile (or 5 min) - Walk 0.25 mile (or 3 minutes) - Jog 0.5 mile (or 5 min) - Brisk 5-min cool down walk. Total: ~31 min</p>	<p>Day 37:</p>	<p>Day 38: - Brisk 5-min warm-up walk - Jog 0.75 mile (or 8 min) - Walk 0.5 mile (or 5 min) - Jog 0.75 mile (or 8 min) - Brisk 5-min cool down walk. Total: ~31 min</p>	<p>Day 39:</p>	<p>Day 40: - Brisk 5-min warm-up walk - Jog 2 miles (or 20 minutes) with no walking) - Brisk 5 min cool down walk. Total: ~30 min</p>	<p>Day 41:</p>	<p>Day 42:</p>
<p>Day 43: - Brisk 5-min warm-up walk - Jog 0.5 mile (or 5 min) - Walk 0.25 mile (or 3 min) - Jog 0.5 mile (or 5 min) - Walk 0.25 mile (or 3 minutes) - Jog 0.5 mile (or 5 min) - Brisk 5-min cool down walk. Total: ~31 min</p>	<p>Day 44:</p>	<p>Day 45: - Brisk 5-min warm-up walk - Jog 1 mile (or 10 min) - Walk 0.25 mile (or 3 min) - Jog 1 mile (or 10 min) - Brisk 5-min cool down walk Total: ~33 min</p>	<p>Day 46:</p>	<p>Day 47: - Brisk 5-min warm-up walk followed by: - Jog 2.25 miles (or 25 min) with no walking - Brisk 5-min cool down walk. Total: ~35 min</p>	<p>Day 48:</p>	<p>Day 49:</p>
<p>Day 50: - Brisk 5-min warm-up walk - Jog 2.5 miles (or 25 min) - Brisk 5-min cool down walk Total: ~35 min</p>	<p>Day 51:</p>	<p>Day 52: - Brisk 5-min warm-up walk - Jog 2.5 miles (or 25 min) - Brisk 5-min cool down walk Total: ~35 min</p>	<p>Day 53:</p>	<p>Day 54: - Brisk 5-min warm-up walk - Jog 2.5 miles (or 25 min) - Brisk 5-min cool down walk Total: ~35 min</p>	<p>Day 55:</p>	<p>Day 56:</p>

Weeks 9-11: Celebrating Your Journey

Day 57: - Brisk 5-min warm-up walk - Jog 2.75 miles (or 28 minutes) with no walking) - Brisk 5 min cool down walk. Total: ~38 min	Day 58:	Day 59: - Brisk 5-min warm-up walk - Jog 2.75 miles (or 28 minutes) with no walking) - Brisk 5 min cool down walk. Total: ~38 min	Day 60:	Day 61: - Brisk 5-min warm-up walk - Jog 2.75 miles (or 28 minutes) with no walking) - Brisk 5 min cool down walk. Total: ~38 min	Day 62:	Day 63:
Day 64: - Brisk 5-min warm-up walk - Jog 3 miles (or 30 min) with no walking) - Brisk 5 min cool down walk. Total: ~40 min	Day 65:	Day 66: - Brisk 5-min warm-up walk - Jog 3 miles (or 30 min) with no walking) - Brisk 5 min cool down walk. Total: ~40 min	Day 67:	Day 68: - Brisk 5-min warm-up walk - Jog 2.75 miles (or 28 minutes) with no walking) - Brisk 5 min cool down walk. Total: ~38 min	Day 69:	Day 70:
Day 71: - Brisk 5-min warm-up walk - Jog 3 miles (or 30 min) with no walking) - Brisk 5 min cool down walk. Total: ~40 min	Day 72:	Day 73: - Brisk 5-min warm-up walk - Jog 3 miles (or 30 min) with no walking) - Brisk 5 min cool down walk. Total: ~40 min	Day 74:	Day 75: ☐ Celebrate finishing the program by doing a 5k! ☐	Day 76:	Day 77: Optional: Shake out your legs with an easy walk or jog!