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This training plan is adapted from C25K FREE provided here for those who may prefer it written down, or for those who are not able to obtain the program using a smartphone. For best results, complete these workouts 1-2 days apart (for example: Monday, Wednesday and Friday). After each workout, be sure to cool-down, stretch*, and hydrate. Check each workout when completed.

Week 1

Day 1: Do a brisk 5 minute warm-up walk. Then alternate between 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. End with a 5 minute cool-down walk.

Day 2: Complete the same workout as day 1

Day 3: Complete the same workout as day 1

Week 2

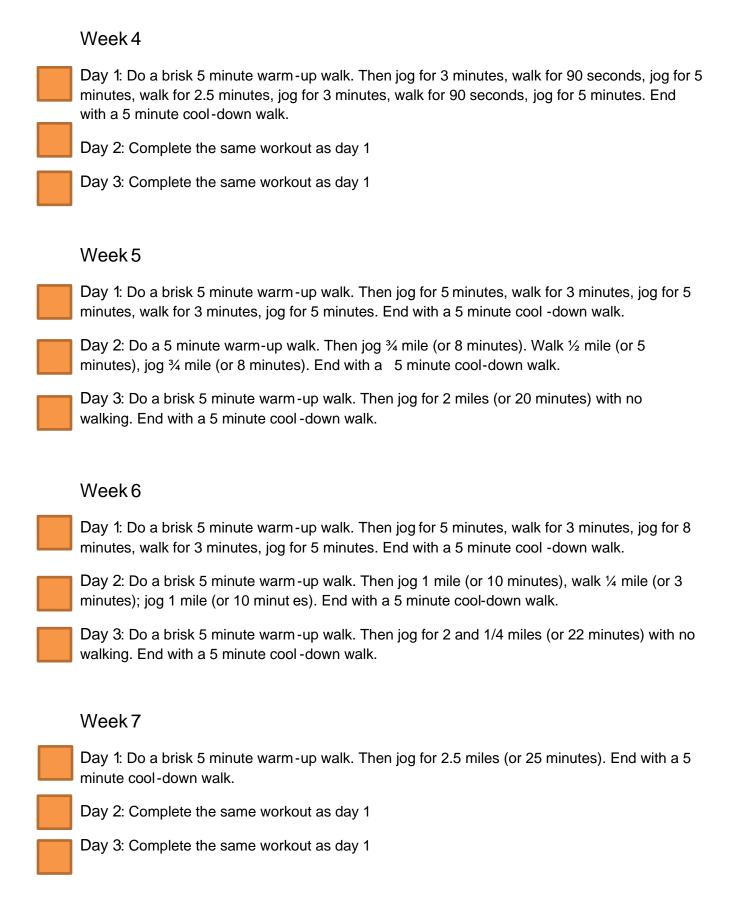
Day 1: Do a brisk 5 minute warm-up walk. Then alternate between 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes. End with a 5 minute cool-down walk.

Day 2: Complete the same workout as day 1

Day 3: Complete the same workout as day 1

Week 3

Day 1: Do a brisk 5 minute warm-up walk. Then do 2 repetitions of the following: jog for 90 seconds; walk for walk for 90 seconds; jog for 3 minutes, walk for 3 minutes. End with a 5 minute cool-down walk.



Week8

Day 1: Do a brisk 5 minute warm-up walk. Then jog for 2.75 miles (or 28 minutes). End with a 5 minutes cool-down walk.

Day 2: Complete the same worko3(I)] 9i