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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 90 seconds; jog for 3 minutes, walk for 3 minutes. End with a 5 minute cool-down walk.




Week 4

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 3 minutes, walk for 90 seconds, jog for 5 minutes, walk for 2.5 minutes, jog for 3 minutes, walk for 90 seconds, jog for 5 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 5

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 5 minutes, walk for 3 minutes, jog for 5 minutes, walk for 3 minutes, jog for 5 minutes. End with a 5 minute cool -down walk.
-  Day 2: Do a 5 minute warm-up walk. Then jog $\frac{3}{4}$ mile (or 8 minutes). Walk $\frac{1}{2}$ mile (or 5 minutes), jog $\frac{3}{4}$ mile (or 8 minutes). End with a 5 minute cool-down walk.
-  Day 3: Do a brisk 5 minute warm-up walk. Then jog for 2 miles (or 20 minutes) with no walking. End with a 5 minute cool -down walk.

Week 6

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 5 minutes, walk for 3 minutes, jog for 8 minutes, walk for 3 minutes, jog for 5 minutes. End with a 5 minute cool -down walk.
-  Day 2: Do a brisk 5 minute warm-up walk. Then jog 1 mile (or 10 minutes), walk $\frac{1}{4}$ mile (or 3 minutes); jog 1 mile (or 10 minutes). End with a 5 minute cool-down walk.
-  Day 3: Do a brisk 5 minute warm-up walk. Then jog for 2 and $\frac{1}{4}$ miles (or 22 minutes) with no walking. End with a 5 minute cool -down walk.

Week 7

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 2.5 miles (or 25 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 8

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(l)] 9i