

WEEK	Day 1	Day 2	Day 3
Week 1	10 min walk + 1 km run + 10 min walk	2 km run	30 min walk
Week 2	10 min walk + 2 km run + 10 min walk	2 km run	35 min walk
Week 3	10 min walk + 3 km run + 10 min walk	4 km run 40 min walk	40 min walk
Week 4	10 min walk + 4 km run + 10 min walk	4 km run	45 min walk
Week 5	10 min walk + 2 km run + 10 min walk	3 km run	50 min walk
Week 6	10 min walk + 4 km run + 10 min walk	5 km run	55 min walk
Week 7	10 min walk + 7 km run + 10 min walk	5 km run	60 min walk
Week 8	10 min walk + 4 km run + 10 min walk	RESTING	10 km

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