



Week

1

Workout 1

Brisk 5 minute warm-up. Alternate 60 seconds jogging and 90 seconds walking for a total of 20 minutes.

Workout 2

Brisk 5 minute warm-up. Alternate 60 seconds jogging and 90 seconds walking for a total of 20 minutes.

Workout 3

Brisk 5 minute warm-up. Alternate 60 seconds jogging and 90 seconds walking for a total of 20 minutes.

2

Brisk 5 minute warm-up. Alternate 90 seconds jogging and 2 minutes walking for a total of 20 minutes.

Brisk 5 minute warm-up. Alternate 90 seconds jogging and 2 minutes walking for a total of 20 minutes.

Brisk 5 minute warm-up. Alternate 90 seconds jogging and 2 minutes walking for a total of 20 minutes.

3

Brisk 5 minute warm-up.
Do 2 repetitions of the following:
Jog 90 seconds, Walk 90 seconds
Jog 3 minutes, Walk 3 minutes

Brisk 5 minute warm-up.
Do 2 repetitions of the following:
Jog 90 seconds, Walk 90 seconds
Jog 3 minutes, Walk 3 minutes

Brisk 5 minute warm-up.
Do 2 repetitions of the following:
Jog 90 seconds, Walk 90 seconds
Jog 3 minutes, Walk 3 minutes

4

Brisk 5 minute warm-up, then:
Jog 3 minutes, Walk 90 seconds
Jog 5 minutes, Walk 2.5 minutes
Jog 3 minutes, Walk 90 seconds
Jog 5 minutes

Brisk 5 minute warm-up, then:
Jog 3 minutes, Walk 90 seconds
Jog 5 minutes, Walk 2.5 minutes
Jog 3 minutes, Walk 90 seconds
Jog 5 minutes

Brisk 5 minute warm-up, then:
Jog 3 minutes, Walk 90 seconds
Jog 5 minutes, Walk 2.5 minutes
Jog 3 minutes, Walk 90 seconds
Jog 5 minutes

5

Brisk 5 minute warm-up, then:
Jog 5 minutes, Walk 3 minutes
Jog 8 minutes, Walk 3 minutes
Jog 5 minutes

Brisk 5 minute warm-up, then:
Jog 10 minutes
Walk 3 minutes
Jog 10 minutes

Brisk 5 minute warm-up, then:
Jog 25 minutes
with no walking

6

Brisk 5 minute warm-up, then:
Jog 5 minutes, Walk 3 minutes
Jog 8 minutes, Walk 3 minutes
Jog 5 minutes

Brisk 5 minute warm-up, then:
Jog 10 minutes
Walk 3 minutes
Jog 10 minutes

Brisk 5 minute warm-up, then:
Jog 25 minutes
with no walking

7

Brisk 5 minute warm-up, then:
Jog 25 minutes

Brisk 5 minute warm-up, then:
Jog 25 minutes

Brisk 5 minute warm-up, then:
Jog 25 minutes

8

Brisk 5 minute warm-up, then:
Jog 28 minutes

Brisk 5 minute warm-up, then:
Jog 28 minutes

Brisk 5 minute warm-up, then:
Jog 28 minutes

9

Brisk 5 minute warm-up, then:
Jog 30 minutes

Brisk 5 minute warm-up, then:
Jog 30 minutes

Brisk 5 minute warm-up, then:
Jog 30 minutes

NEXT UP: ROBIN RUN 5K!!! November 13-22