

Week	Workout 1	Workout 2	Workout 3
1	Jog 3 min; walk 1 min X 5	Jog 4 min; walk 1 min X 5	Jog 3 min; walk 1 min X 5
2	Jog 5 min; walk 1 min X 3	Jog 4 min; walk 1 min X 5	Jog 5 min; walk 1 min X 4
3	Jog 6 min; walk 1 min X 3	Jog 7 min; walk 1 min X 3	Jog 6 min; walk 1 min X 3
4	Jog 8 min; walk 1 min X 3	Jog 9 min; walk 1 min X 3	Jog 8 min; walk 1 min X 3
5	LSD 25 min (aim to jog; walk as needed)	LSD 25 min	LSD 20 min
6	LSD 25 min	Faster pace 20 min	LSD 25 min
7	LSD 25 - 30 min	15 min "Hilly" run	LSD 25 - 30 min
8	LSD 30 min	30 sec. "stride"; 3 min jog recovery X 3 - 4	LSD 30 min
9	LSD 35 - 40 min	Faster pace 25 min run	LSD 35 min
10	LSD 40 - 45 min	25 min "Hilly" Run	LSD 35 - 40 min
11	LSD 45 min	1 min strides; 3 min jog recovery X 3 - 5	LSD 45 min
12	LSD 50 min	LSD 45 min	LSD 35 min