



# Total Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Run-2 min Walk-2 min (Repeat 5 times)	Brisk Walking (25 min)	Run-2 min Walk-2 min (Repeat 5 times)	Brisk Walking (25 min)	Strength Training (30 min)	REST DAY	REST DAY
WEEK 2	Run-3 min Walk-2 min (Repeat 5 times)	Brisk Walking (30 min)	Run-3 min Walk-3 min (Repeat 5 times)	Brisk Walking (30 min)	Strength Training (30 min)	Stretching/Yoga (20 min)	REST DAY
WEEK 3	Run-4 min Walk-2 min (Repeat 5 times)	Brisk Walking (30 min)	Run-4 min Walk-3 min (Repeat 5 times)	Brisk Walking (30 min)	Strength Training (30-45 min)	Stretching/Yoga (30 min)	REST DAY
WEEK 4	Run-5 min Walk-1 min (Repeat 5 times)	Brisk Walking (30 min)	Run-10 min Walk-5 min (Repeat 2 times)	Brisk Walking (30 min)	Strength Training (30-45 min)	Stretching/Yoga (30 min)	REST DAY
WEEK 5	Run-8 min Walk-2 min (Repeat 3 times)	Brisk Walking (30 min)	Run-12 min Walk-3 min (Repeat 2 times)	Brisk Walking (30 min)	Strength Training (30-45min)	Stretching/Yoga (30 min)	REST DAY

# Workout Plan