

Beginner 4-Week Training Plan

Workout 1	Workout 2	Workout 3
Total Time 20 Min	Total Time 20 Min	Total Time 20 Min
Walk – 10 min	Walk 5 Min	Walk 10 min
Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)	Jog / Walk – 60s to 90s for 15 Min (Hard)	Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)
Week 1		
Total Time 20 Min	Total Time 20 Min	Total Time 20 Min
Walk – 10 min	Walk 5 Min	Walk 10 min
Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)	Jog / Walk – 60s to 90s for 15 Min (Hard)	Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)
Week 2		
Total Time 20 Min	Total Time 20 Min	Total Time 20 Min
Walk – 10 min	Walk 5 Min	Walk 10 min
Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)	Jog / Walk – 60s to 90s for 15 Min (Hard)	Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)
Week 3		
Total Time 20 Min	Total Time 20 Min	Total Time 20 Min
Walk – 10 min	Walk 5 Min	Walk 10 min
Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)	Jog / Walk – 60s to 90s for 15 Min (Hard)	Jog / Walk – 60s to 90s for 10 Min (Hard to Moderate)
Week 4		