

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	40min quick walk/rest	Rest	Jog 3K (RPE 4-5), walk 3K (x2)	Rest	Jog 10min (RPE 4-5), walk 5min (x4)	Rest	Jog 4K (RPE 5), can walk
2	40min quick walk/rest	Rest	Jog 3K (RPE 4-5), walk 3K (x2)	Rest	Jog 10min (RPE 4-5), walk 5min (x4)	Rest	Jog 4-5K (RPE 5), can walk
3	40min quick walk/rest	Rest	Jog 3K (RPE 4-5), walk 3K (x2)	Rest	Jog 10min (RPE 5), walk 5min (x4)	Rest	Jog 4-5K (RPE 5)
4	40min quick walk/rest	Rest	Jog 3K (RPE 5), walk 3K (x2)	Rest	Jog 10min (RPE 5), walk 10min (x5)	Rest	Jog 5-6K (RPE 5)
5	50min quick walk/rest	Rest	Jog 3K (RPE 5), walk 3K (x3)	Rest	Jog 10min (RPE 6)	Rest	Jog 6-7K (RPE 5)
6	50min quick walk/rest	Rest	Jog 3K (RPE 5), walk 3K (x3)	Rest	Jog 10min (RPE 6), walk 5min (x5)	Rest	Jog 6-7K (RPE 5)
7	50min quick walk/rest	Rest	Jog 3K (RPE 6), walk 3K (x3)	Rest	Jog 10min (RPE 7), walk 5min (x4)	Rest	Jog 6-7K (RPE 5)
8	60min quick walk/rest	Rest	Jog 3K (RPE 6), walk 3K (x3)	Rest	Jog 10min (RPE 7), walk 5min (x5)	Rest	Jog 8-9K (RPE 5)
9	60min quick walk/rest	Rest	Jog 3K (RPE 6-7), walk 3K (x4)	Rest	Run 6min (RPE 7-8)	Rest	Jog 8-9K (RPE 5)
10	60min quick walk/rest	Rest	Jog 3K (RPE 6-7), walk 3K (x4)	Rest	Run 6min (RPE 7-8), walk 5min (x6)	Rest	Jog 9-10K (RPE 5)
11	50min quick walk/rest	Rest	Jog 3K (RPE 6-7), walk 3K (x4)	Rest	Run 6min (RPE 7-8), walk 5min (x6)	Rest	Jog 9-10K (RPE 5)
12	40min quick walk/rest	Rest	Jog 4-5K (RPE 4-5)	Rest	Jog 4-5K (RPE 4-5)	Rest	10K