| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 1 | 30min quick walk/rest | Rest | Jog 1K (RPE 4-5), walk 1K (x2) | Rest | Jog 5min (RPE 4-5), walk 2min (x4) | Rest | Jog 2K (RPE 5), can walk |
| 2 | 30min quick walk/rest | Rest | Jog 1K (RPE 4-5), walk 1K (x2) | Rest | Jog 5min (RPE 4-5), walk 2min (x5) | Rest | Jog 2-3K (RPE 5), can walk |
| 3 | 30min quick walk/rest | Rest | Jog 1K (RPE 4-5), walk 1K (x2) | Rest | Jog 5min (RPE 5), walk 1min (x4) | Rest | Jog 2-3K (RPE 5) |
| 4 | 30min quick walk/rest | Rest | Jog 1K (RPE 5), walk 1K (x2) | Rest | Jog 5min (RPE 5), walk 1min (x5) | Rest | Jog 3-4K (RPE 5) |
| 5 | 40min quick walk/rest | Rest | Jog 1K (RPE 5), walk 1K (x3) | Rest | Jog 5min (RPE 6) | Rest | Jog 4-5K (RPE 5) |
| 6 | 40min quick walk/rest | Rest | Jog 1K (RPE 5), walk 1K (x3) | Rest | Jog 5min (RPE 6), walk 2min (x5) | Rest | Jog 5-6K (RPE 5) |
| 7 | 40min quick walk/rest | Rest | Jog 1K (RPE 6), walk 1K (x3) | Rest | Jog 5min (RPE 7), walk 2min (x4) | Rest | Jog 5-6K (RPE 5) |
| 8 | 50min quick walk/rest | Rest | Jog 1K (RPE 6), walk 1K (x3) | Rest | Jog 5min (RPE 7), walk 2min (x5) | Rest | Jog 6-7K (RPE 5) |
| 9 | 50min quick walk/rest | Rest | Jog 1K (RPE 6-7), walk 1K (x4) | Rest | Run 3min (RPE 7-8) | Rest | Jog 6-7K (RPE 5) |
| 10 | 50min quick walk/rest | Rest | Jog 1K (RPE 6-7), walk 1K (x4) | Rest | Run 3min (RPE 7-8), walk 2min (x6) | Rest | Jog 7-8K (RPE 5) |
| 11 | 40min quick walk/rest | Rest | Jog 1K (RPE 6-7), walk 1K (x4) | Rest | Run 3min (RPE 7-8), walk 2min (x6) | Rest | Jog 7-8K (RPE 5) |
| 12 | 30min quick walk/rest | Rest | Jog 2-3K (RPE 4-5) | Rest | Jog 2-3K (RPE 4-5) | Rest | 10K |