



## **RUNNING PROTOCOL**

### **Week 1**

Day 1: 15 minutes (3 five minute sets)

Set: 1 minute jogging, 4 minutes walking

Day 3: 20 minutes (4 five minute sets)

Set: 1 minute jogging, 4 minutes walking

Day 5: 25 minutes (5 five minute sets)

Set: 1 minute jogging, 4 minutes walking

Day 7: 30 minutes (6 five minute sets)

Set: 1 minute jogging, 4 minutes walking

### **Week 2**

Day 1: 15 minutes (3 five minute sets)

Set: 2 minute jogging, 3 minutes walking

Day 3: 20 minutes (4 five minute sets)

Set: 2 minute jogging, 3 minutes walking

Day 5: 25 minutes (5 five minute sets)

Set: 2 minute jogging, 3 minutes walking

Day 7: 30 minutes (6 five minute sets)

Set: 2 minute jogging, 3 minutes walking

### **Week 3**

Day 1: 15 minutes (3 five minute sets)

Set: 3 minute jogging, 2 minutes walking

Day 3: 20 minutes (4 five minute sets)

Set: 3 minute jogging, 2 minutes walking



Day 5: 25 minutes (5 five minute sets)

Set: 3 minute jogging, 2 minutes walking

Day 7: 30 minutes (6 five minute sets)

Set: 3 minute jogging, 2 minutes walking

#### **Week 4**

Day 1: 15 minutes (3 five minute sets)

Set: 4 minute jogging, 1 minutes walking

Day 3: 20 minutes (4 five minute sets)

Set: 4 minute jogging, 1 minutes walking

Day 5: 25 minutes (5 five minute sets)

Set: 4 minute jogging, 1 minutes walking

Day 7: 30 minutes (6 five minute sets)

Set: 4 minute jogging, 1 minutes walking

#### **Week 5**

Day 1: 15 minutes (3 five minute sets)

Set: 5 minutes jogging

Day 3: 20 minutes (4 five minute sets)

Set: 5 minutes jogging

Day 5: 25 minutes (5 five minute sets)

Set: 5 minutes jogging

Day 7: 30 minutes (6 five minute sets)

Set: 5 minutes jogging