

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six
<b>Monday</b>	5mins walking, 1minute running, 1minute walking (Repeat 10 times), 5mins walking	5mins walking, 10minute running, 2minute walking (Repeat 2 times), 5mins walking	Rest	5mins running, HILLS - Find a hill that isnt too steep.Run up it quite fast for 15seconds and walk back down. Repeat 10 times. 5mins running	5mins walking, 40minutes running, 5mins walking	Rest
<b>Tuesday</b>	5mins walking, 2minute running, 2minute walking (Repeat 6 times), 5mins walking	Rest	FARTLEK - 2minutes faster running, 2minutes slower running for 20minutes total, 5mins walking	5mins walking, 30minutes running, 5mins walking	Rest	FARTLEK - 3mins faster running, 3mins slower running for 30minutes total
<b>Wednesday</b>	Rest	5mins walking, 3minute running, 1minute walking (Repeat 8 times), 5mins walking	5mins walking, 25minutes running, 5mins walking	Rest	5mins running, HILLS - Find a hill that isnt too steep.Run up it quite fast for 30seconds and walk back down. Repeat 10 times. 5mins running	5mins walking, 30minutes running, 5mins walking
<b>Thursday</b>	5mins walking, 5minute running, 2minute walking (Repeat 3 times), 5minutes walking	5mins walking, 20minutes running, 5mins walking	Rest	PYRAMID - 1mins run, 2mins walk, 3mins run, 2mins walk, 5mins run, 2mins walk, 5mins run, 2mins walk, 3mins run, 2mins walk, 1mins run	5mins walking, 40minutes running, 5mins walking	Rest
<b>Friday</b>	5mins walking, 8minute running, 2minute walking (Repeat 2 times), 5mins walking	Rest	PYRAMID - 2mins running, 2mins walking, 4mins running, 2mins walking, 6mins running, 2mins walking, 8mins running, 2mins walking, 4mins running, 2mins walking, 2mins running, 5mins walking	5mins walking, 40minutes running, 5mins walking	Rest	5minutes jogging then 50-100m strides fast relaxed.
<b>Saturday</b>	Rest	5mins walking, 5minute running, 2minute walking (Repeat 6 times), 5mins walking	5mins walking, 35minutes running, 5mins walking	Rest	PYRAMID - 5mins running, 2mins walking, 10mins running, 2mins walking, 10mins running, 2mins walking, 5mins running	Rest
<b>Sunday</b>	5mins walking, 15mins running, 5mins walking	5mins walking, 25minutes running, 5mins walking	Rest	FARTLEK - 5mins faster running, 5mins slower running for 25minutes total	5mins walking, 45minutes running, 5mins walking	<b>10K RUN!!!!</b>