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| WEEK 1: Total Time Running 24 minutes | 20 minutes total: Alternate 60 second jog w/90 second walk. | OFF or Cross Training | 20 minutes total: Alternate 60 second jog w/90 second walk. | OFF or Cross Training | 20 minutes total: Alternate 60 second jog w/90 second walk. | OFF or Cross Training | OFF |
| WEEK 2: Total Time Running 31.5 minutes | 7 repetitions of the following: Alternate 90 second jog w/90 second walk. | OFF or Cross Training | 7 repetitions of the following: Alternate 90 second jog w/90 second walk. | OFF or Cross Training | 7 repetitions of the following: Alternate 90 second jog w/90 second walk. | OFF or Cross Training | OFF |
| WEEK 3: Total Time Running 40min | 6 repetitions of the following: Alternate 2 minute jog w/ 90 second walk. | OFF or Cross Training | 7 repetitions of the following: Alternate 2 minute jog w/ 90 second walk. | OFF or Cross Training | 7 repetitions of the following: Alternate 2 minute jog w/ 90 second walk. | OFF or Cross Training | OFF |
| WEEK 4: Total Time Running 48min | 5 repetitions of the following: Alternate 3 minute jog w/ 90 second walk | OFF or Cross Training | 5 repetitions of the following: Alternate 3 minute jog w/ 90 second walk | OFF or Cross Training | 6 repetitions of the following: Alternate 3 minute jog w/ 90 second walk | OFF or Cross Training | OFF |

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| WEEK 5: Total Time Running 55 min | 2 repetitions of the following set: 3 min jog 90 second walk 5 minute jog 2.5 minute walk | OFF or Cross Training | 2 repetitions of the following set: 3 min jog 90 second walk 5 minute jog 2.5 minute walk | OFF or Cross Training | 3 minute jog 90 second walk 5 minute jog 2.5 minute walk 5 min jog 2.5 minute walk 7 minute jog 2.5 minute walk | OFF or Cross Training | OFF |
| WEEK 6: Total Time Running 65min | Jog 5 minutes Walk 2.5 minutes Jog 7 minutes Walk 3 minutes Jog 9 minutes Walk 4 minutes | OFF or Cross Training | Jog 5 minutes Walk 2.5 minutes Jog 7 minutes Walk 3 minutes Jog 9 minutes Walk 4 minutes | OFF or Cross Training | Jog 5 minutes Walk 90 sec Jog 8 minutes Walk 3 minutes Jog 10 minutes Walk 3 minutes Walk 4 minutes | OFF or Cross Training | OFF |
| WEEK 7: Total Time Running 69min | Jog 1 mile or 10 minutes Walk 3 minutes Jog 1 mile or 10 minutes Walk 3 minutes | OFF or Cross Training | Jog 12 minutes Walk 3 minutes Jog 12 minutes Walk 3 minutes | OFF or Cross Training | Jog 10 minutes Walk 3 minutes Jog 15 minutes Walk 5 minutes | OFF or Cross Training | OFF |
| WEEK 8: Total Time Running 73 min | Jog 2 miles or 20 minutes | OFF or Cross Training | Jog 2.5 miles or 25 minutes | OFF or Cross Training | Jog 2.75 miles or 28 minutes | OFF or Cross Training | OFF |
| WEEK 9: Total Time Running 83min | Jog 2.5 miles or 25 minutes | OFF or Cross Training | Jog 2.75 miles or 28 minutes | OFF or Cross Training | OFF | Jog 3 miles or 30 minutes -OR- END WITH 5K | OFF |

*All Workouts begin with a 5-10 minute dynamic warm up. This can be additional walking at a brisk pace, movements from the included dynamic menu, or a combination of both. Download the Dynamic Warm Up Menu with links to video demos when you subscribe to the WTN newsletter here: <http://bit.ly/welltogethernow> -Your WTN Coach recommends 5 minutes of static stretching to conclude each session.