

WORKOUT PLAN: COUCH TO 30 MINUTES STRAIGHT JOGGING

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	25 MINUTES SPEED WALKING	REST DAY	30 MINUTES SPEED WALKING	REST DAY	REST DAY	10 X 1 MINUTE JOGGING, 1 MINUTE WALKING BREAK	REST DAY
2	4 X 2 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	5 X 2 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	REST DAY	4 X 3 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY
3	3 X 4 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	4 X 4 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	REST DAY	3 X 6 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY
4	4 X 6 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	3 X 7 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	REST DAY	3 X 9 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY
5	2 X 10 MINUTES JOGGING, 3 MINUTES WALKING BREAK	REST DAY	2 X 15 MINUTES JOGGING, 4 MINUTES WALKING BREAK	REST DAY	REST DAY	3 X 10 MINUTES JOGGING, 3 MINUTES WALKING BREAK	REST DAY
6	3 X 10 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	REST DAY	3 X 10 MINUTES JOGGING, 1 MINUTE WALKING BREAK	REST DAY	REST DAY	30 MINUTES JOGGING, NO REST