



RETURN TO RUNNING

Start Date:

DAY	WALKING	JOGGING	REPS
1	40 minutes		
2	40 minutes		
3	4.5 minutes	30 second	8 times
4	4.5 minutes	30 second	8 times
5	4.0 minutes	60 second	8 times
6	4.0 minutes	60 second	8 times
7	REST DAY	REST DAY	REST DAY
8	3.5 minutes	90 second	8 times
9	3.5 minutes	90 second	8 times
10	3.0 minutes	2 minutes	8 times
11	3.0 minutes	2 minutes	8 times
12	REST DAY	REST DAY	REST DAY
13	2.5 minutes	2.5 minutes	8 times
14	2.5 minutes	2.5 minutes	8 times
15	2.0 minutes	3 minutes	8 times
16	2.0 minutes	3 minutes	8 times
17	REST DAY	REST DAY	REST DAY
18	1.5 minutes	3.5 minutes	8 times
19	1.5 minutes	3.5 minutes	8 times
20	1 minute	4 minutes	8 times
21	1 minute	4 minutes	8 times
22	REST DAY	REST DAY	REST DAY
23	30 seconds	4.5 minutes	8 times
24	30 seconds	4.5 minutes	8 times
25	REST DAY	REST DAY	REST DAY
26	2 minutes	6 minutes	5 times
27	1 minute	9 minutes	4 times
28	1 minute	12 minutes	3 times
29	1 minute	12 minutes	3 times
30	1 minute (cool down)	20 minutes	2 times
31	REST DAY	REST DAY	REST DAY
32		40 minutes continuous	
33		40 minutes continuous	

End Date:

Comments: