

Easy 12 Week Walk/Run Program

** The numbers in this program represent minutes

	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Week 1	Walk 15. vary your pace. Try not to stop.	Walk 5. Jog 1. Walk 5. Jog 1. Walk 5.	Walk 15. vary your pace. Try not to stop.	Walk 5. Jog 1. Walk 5. Jog 1. Walk 5.	Walk 15. vary your pace. Try not to stop.	Walk 5. Jog 1. Walk 5. Jog 1. Walk 5.	Rest.
Week 2	Walk 15. Jog 1. Walk 1.	Walk 5. Jog 3. Walk 5. Jog 3. Walk 5.	Walk 15. Jog 1. Walk 1.	Walk 5. Jog 3. Walk 5. Jog 3. Walk 5.	Walk 15. Jog 1. Walk 1.	Walk 5. Jog 3. Walk 5. Jog 3. Walk 5.	Rest.
Week 3	Walk 15. Jog 1. Walk 1.	Walk 6. Jog 4. Walk 6. Jog 4. Walk 6.	Walk 15. Jog 1. Walk 1.	Walk 6. Jog 4. Walk 6. Jog 4. Walk 6.	Walk 15. Jog 1. Walk 1.	Walk 6. Jog 4. Walk 6. Jog 4. Walk 6.	Rest.
Week 4	Walk 15. Jog 2. Walk 1.	Walk 3. Jog 2. Repeat 6 times. Walk 1.	Walk 15. Jog 2. Walk 1.	Walk 3. Jog 2. Repeat 6 times. Walk 1.	Walk 15. Jog 2. Walk 1.	Walk 3. Jog 2. Repeat 6 times. Walk 1.	Rest.
Week 5	Walk 15. Jog 2. Walk 1.	Walk 5. Jog 5. Repeat 3 times. Walk 5.	Walk 15. Jog 2. Walk 1.	Walk 5. Jog 5. Repeat 3 times. Walk 5.	Walk 15. Jog 2. Walk 1.	Walk 5. Jog 5. Repeat 3 times. Walk 5.	Rest.
Week 6	Walk 30.	Walk 4. Jog 6. Repeat twice. Walk 5.	Walk 30.	Walk 4. Jog 6. Repeat twice. Walk 5.	Walk 30.	Walk 4. Jog 6. Repeat twice. Walk 5.	Rest.
Week 7	Walk 30.	Walk 4. Jog 6. Repeat twice. Walk 5.	Walk 5. Jog 10. Walk 5.	Walk 4. Jog 6. Repeat twice. Walk 5.	Walk 5. Jog 10. Walk 5.	Walk 4. Jog 6. Repeat twice. Walk 5.	Rest.
Week 8	Walk 30.	Walk 2. Jog 1. Repeat 9 times. Walk 5.	Walk 5. Jog 15. Walk 5.	Walk 2. Jog 1. Repeat 9 times. Walk 5.	Walk 5. Jog 15. Walk 5.	Walk 2. Jog 1. Repeat 9 times. Walk 5.	Rest.
Week 9	Walk 30.	Walk 1. Jog 30 seconds. repeat 20 times. Walk 5.	Walk 5. Jog 20. Walk 5.	Walk 1. Jog 30 seconds. repeat 20 times. Walk 5.	Walk 5. Jog 20. Walk 5.	Walk 1. Jog 30 seconds. repeat 20 times. Walk 5.	Rest.
Week 10	Walk 45 or Jog 15.	Walk 15.	Walk 5. Jog 20. Walk 5.	Walk 15.	Walk 5. Jog 20. Walk 5.	Walk 15.	Rest.
Week 11	Walk 5. Jog 30. Walk 5.	Walk 15.	Walk 5. Jog 30. Walk 5.	Walk 15.	Walk 5. Jog 30. Walk 5.	Walk 15.	Rest.
Week 12	Walk 5. Jog 30. Walk 5.	Walk 15.	Walk 5. Jog 30. Walk 5.	Walk 15.	Walk 5. Jog 30. Walk 5.	Walk 15.	Rest.