

WEEK	SESSION	TIME	Run/Walk	PROGRAM		
1	1	15 mins	R5 - W10	Run 1 Min, Walk 2 Mins - x5		
	2	21 mins	R7 - W14	Run 1 Min, Walk 2 Mins - x7		
	3	30 mins	R10 - W20	Run 1 Min, Walk 2 Mins - x10		
2	1	24 mins	R9 - W15	Run 1 Min, Walk 2 Mins - x6	Run 1 Min, Walk 1 Min - x3	
	2	26 mins	R12 - W14	Run 1 Min, Walk 2 Mins - x2	Run 1 Min, Walk 1 Min - x10	
	3	30 mins	R15 - W15	Run 1 Min, Walk 1 Min - x15		
3	1	28 mins	R14 - W14	Run 1 Min, Walk 1 Min - x6	Run 2 Mins, Walk 2 Mins - x4	
	2	30 mins	R15 - W15	Run 1 Min, Walk 1 Min - x9	Run 2 Mins, Walk 2 Mins - x3	
	3	31 mins	R18 - W13	Run 1 Min, Walk 1 Min - x8	Run 2 Mins, Walk 1 Min - x5	
4	1	30 mins	R15 - W15	Run 1 Min, Walk 1 Min - x9	Run 2 Mins, Walk 2 Min - x3	
	2	31 mins	R18 - W13	Run 1 Min, Walk 1 Min - x8	Run 2 Mins, Walk 1 Min - x5	
	3	34 mins	R20 - W 14	Run 1 Min, Walk 1 Min - x7	Run 2 Mins, Walk 1 Min - x5	Run 3 Mins, Walk 2 Mins - x1
5	1	32 mins	R18 - W14	Run 1 Min, Walk 1 Min - x10	Run 2 Mins, Walk 1 Min - x4	
	2	37 mins	R21 - W16	Run 1 Min, Walk 1 Min - x10	Run 2 Mins, Walk 1 Min - x4	Run 3 Mins, Walk 2 Mins - x1
	3	39 mins	R24 - W 15	Run 1 Min, Walk 1 Min - x8	Run 2 Mins, Walk 1 Min - x5	Run 3 Mins, Walk 1 Mins - x2
6	1	36 mins	R22 - W14	Run 1 Min, Walk 1 Min - x6	Run 2 Mins, Walk 1 Min - x6	Run 4 Mins, Walk 2mins - x1
	2	40 mins	R24 - W16	Run 1 Min, Walk 1 Min - x5	Run 2 Mins, Walk 1 Min - x5	Run 3 Mins, Walk 2 Mins - x3
	3	44 mins	R27 - W17	Run 1 Min, Walk 1 Min - x3	Run 2 Mins, Walk 1 Min - x6	Run 3 Mins, Walk 2 Mins - x4
7	1	41 mins	R29 - W12	Run 2 Mins, Walk 1 Min - x6	Run 3 Mins, Walk 1 Min - x4	Run 5 Mins, Walk 2 Mins - x1
	2	42 mins	R30 - W12	Run 2 Mins, Walk 1 Min - x4	Run 3 Mins, Walk 1 Min - x4	Run 5 Mins, Walk 2 Mins - x2
	3	49 mins	R37 - W12	Run 2 Mins, Walk 1 Min - x2	Run 3 Mins, Walk 1 Min - x5	Run 5 Mins, Walk 2 Mins - x2
8	1	36 mins	R29 - W7	Run 3 Mins, Walk 1 Min - x2	Run 5 Mins, Walk 1 Mins - x3	Run 8 Mins, Walk 2 Min - x1
	2	38 mins	R31 - W7	Run 5 Mins, Walk 1 Min - x3	Run 8 Mins, Walk 2 Mins - x2	
	3	44mins	R38 - W6	Run 5 Mins, Walk 1 Min - x2	Run 8 Mins, Walk 1 Mins - x2	Run 12 Mins, Walk 2 Mins - x1
9	1	33 mins	R28- W5	Run 4 Mins, Walk 1 Min - x1	Run 7 Mins, Walk 1 Min - x2	Run 10 Mins, Walk 2 Mins - x1
	2	26 mins	R23 - W3	Run 4 Mins, Walk 1 Min - x2	Run 15 Mins, Walk 1 - x1	
	3	40 mins		5km MILESTONE		