

WALK TO RUN

30 DAY RUNNING PROGRAM

DAY 01 4 Min Walk 1 Min Run 3 SETS	DAY 02 4 Min Walk 1 Min Run 4 SETS	DAY 03 2 Min Walk 2 Min Run 2 SETS	DAY 04 15 Min Walk	DAY 05 1 Min Walk 10 Sec Sprint 5 SETS
06 2 Min Walk 2 Min Run 3 SETS	07 3 Min Walk 2 Min Run 3 SETS	08 15 Min Walk	09 2 Min Walk 2 Min Run 4 SETS	10 2 Min Walk 10 Sec Sprint 5 SETS
11 5 Min Walk 2 Min Run 4 SETS	12 15 Min Walk	13 2 Min Walk 3 Min Run 3 SETS	14 2 Min Walk 2 Min Run 4 SETS	15 2 Min Walk 20 Sec Sprint 5 SETS
16 15 Min Walk	17 3 Min Walk 3 Min Run 4 SETS	18 2 Min Walk 3 Min Run 4 SETS	19 3 Min Walk 3 Min Run 5 SETS	20 15 Min Walk
21 1 Min Walk 1 Min Run 5 SETS	22 1 Min Walk 2 Min Run 3 SETS	23 1 Min Walk 3 Min Run 3 SETS	24 15 Min Walk	25 2 Min Walk 25 Sec Sprint 5 SETS
26 1 Min Walk 4 Min Run 3 SETS	27 2 Min Walk 4 Min Run 4 SETS	28 15 Min Walk	29 2 Min Walk 5 Min Run 3 SETS	30 2 Min Walk 5 Min Run 4 SETS