

0 TO 5 MI TRAINING SCHEDULE					
week 1	week 2	week 3	week 4	week 5	week 6
walk daily, start with 1/2 mi, work up to 1 mi	walk daily, start with 1 mi, work up to 1 1/2 mi	walk daily, start with 1 1/2 mi, work up to 2 mi	work from 2 up to 3 mi at a stretch 5 days/wk	work from 3 up to 4 mi at a stretch 4 days/wk	work from 4 up to 5 mi at a stretch 4 days/wk
			2 days/wk mix your miles with intermittent walking activities	3 days/wk mix your miles with intermittent walking activities	3 days/wk mix your miles with intermittent walking activities

HIIT							
warm-up	fast walk/ jog	sprint	fast walk/ jog	sprint	fast walk/ jog	sprint	cool down
5 min at 3.5 speed	2 min at 4.0 mi speed	1 min at 6.0 mi speed	2 min at 4.0 mi speed	1 min at 6.0 mi speed	2 min at 4.0 speed	1 min at 6.0 speed	4 min at 3.5 speed

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