

| Week 1 | |
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| Monday | Jog for 15 mins |
| Tuesday | Jog for 15 mins |
| Wednesday | Jog for 10 mins, walk for 10 mins, jog for 5 mins |
| Thursday | Jog for 15 mins |
| Friday | Jog for 15 mins, walk for 5 mins, jog for 10 mins |
| Saturday | Rest day |
| Sunday | Jog for 20 mins |
| Week 2 | |
| Monday | Jog for 15 mins |
| Tuesday | Jog for 20 mins |
| Wednesday | Jog for 15 mins, walk for 10 mins, jog for 10 mins |
| Thursday | Jog for 20 mins |
| Friday | Jog for 15 mins, walk for 5 mins, Jog for 15 mins |
| Saturday | Rest day |
| Sunday | Jog for 30 mins |
| Week 3 | |
| Monday | Jog for 20 mins |
| Tuesday | Jog for 25 mins |
| Wednesday | Jog for 10 mins, run for 5 mins, Jog for 15 mins |
| Thursday | Jog for 25 mins |
| Friday | Jog for 15 mins, run for 8 mins, Jog for 15 mins |
| Saturday | Rest day |
| Sunday | Jog for 40 mins |
| Week 4 | |
| Monday | Jog for 20 mins |
| Tuesday | Jog for 30 mins |
| Wednesday | Jog for 10 mins, run for 10 mins, walk for 5 mins, run for 5 mins, jog for 10 mins |
| Thursday | Jog for 25 mins |
| Friday | Jog for 15 mins, run for 10 mins, Jog for 20 mins |
| Saturday | Rest day |
| Sunday | Jog for 50 mins |
| Week 5 | |
| Monday | Jog for 30 mins |
| Tuesday | Jog for 35 mins |
| Wednesday | Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 5 mins, Jog for 15 mins |
| Thursday | Jog for 25 mins |

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| Friday | Jog for 15 mins, run for 10 mins, walk for 5 mins, Jog for 15 mins, run for 10 mins, walk for 5 mins, Jog for 15 mins |
| Saturday | Rest day |
| Sunday | Jog for 60 mins |

Week 6

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|------------------|--|
| Monday | Jog for 40 mins |
| Tuesday | Jog for 40 mins |
| Wednesday | Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 10 mins, Jog for 20 mins |
| Thursday | Jog for 30 mins |
| Friday | Jog for 10 mins, run for 10 mins, jog for 10 mins, run for 10 mins, Jog for 15 mins, run for 5 mins, Jog for 20 mins |
| Saturday | Rest day |
| Sunday | Jog for 70 mins |

Week 7

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|------------------|---|
| Monday | Jog for 40 mins |
| Tuesday | Jog for 45 mins |
| Wednesday | Jog for 5 mins, run for 15 mins, Jog for 15 mins, run for 10 mins, Jog for 20 mins, run for 5 mins, Jog for 15 mins |
| Thursday | Jog for 35 mins |
| Friday | Jog for 5 mins, run for 15 mins, Jog for 20 mins, run for 5 mins, jog for 10 mins, run for 5 mins, Jog for 20 mins |
| Saturday | Rest day |
| Sunday | Jog for 75 mins |

Week 8

| | |
|------------------|--|
| Monday | Jog for 40 mins |
| Tuesday | Jog for 45 mins |
| Wednesday | Jog for 10 mins, run for 15 mins, Jog for 20 mins, run for 15 mins, walk for 5 mins, Jog for 25 mins |
| Thursday | Jog for 40 mins |
| Friday | Jog for 60 mins |
| Saturday | Rest day |
| Sunday | Jog for 20 mins, run for 15 mins, Jog for 15 mins, run for 10 mins, jog for 35 mins |

Week 9

| | |
|------------------|---|
| Monday | Jog for 25 mins |
| Tuesday | Jog for 45 mins |
| Wednesday | Jog for 15 mins, run for 15 mins, Jog for 15 mins, run for 15 mins, walk for 5 mins, jog for 10 mins, run for 5 mins, Jog for 15 mins |
| Thursday | Jog for 25 mins |
| Friday | Jog for 70 mins |
| Saturday | Rest day |

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| Sunday | Jog for 10 mins, run for 20 mins, walk for 10 mins, Jog for 25 mins, run for 10 mins, walk for 3 mins, Jog for 25 mins |
| Week 10 | |
| Monday | Jog for 30 mins |
| Tuesday | Jog for 60 mins |
| Wednesday | Jog for 10 mins, run for 10 mins, Jog for 15 mins, run for 10 mins, Jog for 20 mins, run for 10 mins, walk for 3 mins, Jog for 25 mins |
| Thursday | Jog for 25 mins |
| Friday | Jog for 15 mins, run for 10 mins, jog for 45 mins |
| Saturday | Rest day |
| Sunday | Jog for 5 mins, run for 15 mins, walk for 3 mins, run for 5 mins, walk for 3 mins, jog for 60 mins |