



7 Week Jog Walk Strategy Plan



Use the chart below to record the days you complete your jog exercises. There is also space for you to keep notes on any progress and setbacks. Commit to do the plan 4 or 5 times a week for best results.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1 Walk for five minutes, jog for one minute. Repeat the segments four times.							
WEEK 2 Walk for four minutes, jog for two minutes. Repeat the segments four times.							
IMPORTANT NOTE: If the two minute jogs start feeling too long, make sure to take the walk break before your muscles start to get too tired.							
WEEK 3 Walk for three minutes, jog for four minutes. Repeat the segments four times.							
WEEK 4 Walk for three minutes, jog for five minutes. Repeat the segments five times.							
WEEK 5 Walk for two minutes, jog for seven minutes. Repeat the segments four times.							
WEEK 6 Walk for one minute, jog for nine minutes. Repeat the segments three times.							
WEEK 7 Way To Go! At this point you should be able to go out there and run 30 minutes without taking any walk breaks.							