

Getting You Started Plan

This is a 4 week get you started plan. The 1st and 2nd week of the Beginners plan are repeats of weeks 3 and 4 of this plan.

Key:- BW = Brisk Walk W = Walk J = Jog

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week1	BW 20	Rest	BW 30	Rest	BW 20	Rest	BW 40
Week 2	BW 10 J-1 / W-1 x5 BW 10	Rest	BW 10 J-1 / W-1 x8 BW 10	Rest	BW 10 J-1 / W-1 x5 BW 10	Rest	BW 10 J-3 / W-1 x4 BW 10
Week 3	BW 60	Rest	BW 10 J-5 / W-2 x3 BW 10	Rest	BW 10 J-10 BW 10	Rest	BW 10 / J15 BW 10
Week 4	Rest	BW 10 / J 20 BW 10	Rest	BW 10 / J15 BW 10	Rest	Rest	BW 10 / J25 BW 10