

## Walk to Run Training for Beginners

**Week one:** Walk for six minutes, then jog at an easy pace for one minute. Repeat three times. Aim for three sessions with that same sequence for week one.

**Week two:** Walk for five minutes, then jog for two minutes. Repeat three times. Aim to do three sessions in week two.

**Week three:** Walk for three minutes, then jog for four minutes. Repeat four times. Aim for three sessions in week three.

**Week four:** Walk for two minutes, then jog for six minutes. Repeat four times. Shoot for three of those sessions in week four.

**Week five:** Walk for two minutes, then jog for eight minutes. Repeat three times. Do three of those sessions in week five.

**Week six:** Walk for two minutes, then jog for ten minutes. Repeat three times. Try to do three sessions for week six.