

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon, Jul 17	Your favorite sport	Intervals: 5 repeats of 10 seconds each, followed by a walking recovery of 20 seconds.	Rest	Walk 30 seconds and Jog / Run for 30 seconds and repeat for 10 minutes.	Rest	Continuous Run: 5 mins.	Your Activity Choice
Mon, Jul 24	Your favorite sport	Intervals: 5 repeats of 10 seconds each, followed by a walking recovery of 20 seconds.	Rest	Walk 30 seconds and Jog / Run for 60 seconds and repeat for 12 minutes.	Rest	Continuous Run: 7 mins.	Your Activity Choice
Mon, Jul 31	Your favorite sport	Intervals: 7 repeats of 10 seconds each, followed by a walking recovery of 20 seconds.	Rest	Walk 30 seconds and Jog / Run for 90 seconds and repeat for 14 minutes.	Rest	Continuous Run: 9 mins.	Your Activity Choice
Mon, Aug 7	Your favorite sport	Intervals: 10 repeats of 10 seconds each, followed by a walking recovery of 20 seconds.	Rest	Walk 30 seconds and Jog / Run for 120 seconds and repeat for 16 minutes.	Rest	Continuous Run: 11 mins.	Your Activity Choice

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon, Aug 14	Your favorite sport	Intervals: 10 repeats of 10 seconds each, followed by a walking recovery of 20 seconds.	Rest	Walk 30 seconds and Jog / Run for 150 seconds and repeat for 18 minutes.	Rest	Continuous Run: 13 mins.	Your Activity Choice
Mon, Aug 21	Your favorite sport	Intervals: 10 repeats of 15 seconds each, followed by a walking recovery of 30 seconds.	Rest	Walk 30 seconds and Jog / Run for 180 seconds and repeat for 20 minutes.	Rest	Continuous Run: 15 mins.	Your Activity Choice
Mon, Aug 28	Your favorite sport	Intervals: 10 repeats of 15 seconds each, followed by a walking recovery of 30 seconds.	Rest	Walk 30 seconds and Jog / Run for 210 seconds and repeat for 20 minutes.	Rest	Continuous Run: 17 mins.	Your Activity Choice
Mon, Sep 4	Your favorite sport	Intervals: 15 repeats of 15 seconds each, followed by a walking recovery of 30 seconds.	Rest	Walk 30 seconds and Jog / Run for 240 seconds and repeat for 20 minutes.	Rest	Continuous Run: 20 mins.	Your Activity Choice

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mon, Sep 11	Your favorite sport	Intervals: 15 repeats of 15 seconds each, followed by a walking recovery of 30 seconds.	Rest	Walk 30 seconds and Jog / Run for 270 seconds and repeat for 20 minutes.	Rest	Continuous Run: 23 mins.	Your Activity Choice
Mon, Sep 18	Your favorite sport	Intervals: 15 repeats of 20 seconds each, followed by a walking recovery of 40 seconds.	Rest	Walk 30 seconds and Jog / Run for 300 seconds and repeat for 20 minutes.	Rest	Continuous Run: 26 mins.	Your Activity Choice
Mon, Sep 25	Your favorite sport	Intervals: 15 repeats of 20 seconds each, followed by a walking recovery of 40 seconds.	Rest	Walk 30 seconds and Jog / Run for 330 seconds and repeat for 20 minutes.	Rest	Continuous Run: 29 mins.	Your Activity Choice
Mon, Oct 2	Your favorite sport	Intervals: 7 repeats of 10 seconds each, followed by a walking recovery of 20 seconds.	Rest	Walk 30 seconds and Jog / Run for 120 seconds and repeat for 16 minutes.	Rest	5k Race Day!	Ice Cream Treat!