

Moderate exercise is safe for most people, but it is always a good idea to talk to a doctor before starting an exercise program.

Week	Workout 1	Workout 2	Workout 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>
4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>
5	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 3/4 mile (or 8 minutes)</li> <li>• Walk 1/2 mile (or 5 minutes)</li> <li>• Jog 3/4 mile (or 8 minutes)</li> </ul>	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
6	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 3/4 mile (or 8 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1 mile (or 10 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1 mile (or 10 minutes)</li> </ul>	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.
7	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
8	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
9	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	<b>The final workout!</b> Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).

Moderate exercise is safe for most people, but it is always a good idea to talk to a doctor before starting an exercise program.