

**OBJECTIVE:** To run/walk three kilometres by week 10

**\*ONE SECTION PER WEEK\***

<b>Week 1:</b>	4 MIN WALK / 1 MIN RUN x 2	TIME:10 MIN	DIST: 0.7 KMS
<b>Week 2:</b>	4 MIN WALK / 1 MIN RUN x 4	TIME:20 MIN	DIST: 1.4 KMS
<b>Week 3:</b>	3 MIN WALK / 2 MIN RUN x 2	TIME:10 MIN	DIST: 0.8 KMS
<b>Week 4:</b>	3 MIN WALK / 2 MIN RUN x 4	TIME:20 MIN	DIST: 1.6 KMS
<b>Week 5:</b>	2 MIN WALK / 3 MIN RUN x 2	TIME:10 MIN	DIST: 0.9 KMS
<b>Week 6:</b>	2 MIN WALK / 3 MIN RUN x 4	TIME:20 MIN	DIST: 1.8 KMS
<b>Week 7:</b>	2 MIN WALK / 3 MIN RUN x 6	TIME:30 MIN	DIST: 2.7 KMS
<b>Week 8:</b>	1 MIN WALK / 4 MIN RUN x 2	TIME:10 MIN	DIST: 1.0 KMS
<b>Week 9:</b>	1 MIN WALK / 4 MIN RUN x 4	TIME:20 MIN	DIST: 2.0 KMS
<b>Week 10:</b>	1 MIN WALK / 4 MIN RUN x 6	TIME:30 MIN	DIST: 3.0 KMS

### TIPS:

- Make sure to wear a comfortable pair of running shoes.
- Take a bottle of water and some nutrition with you.
- Record your run/walk in a diary (distance, time, temp)
- Tell your family and friends what you are doing. Have Fun!