

Week	Number of sessions per week, intensity, time and type
Week 1	<i>Sessions 1, 2 and 3:</i> Warm-up (15 minutes), a main phase (7.5 minutes): 1-minute jogging/running, 1.5 minutes brisk walking, repeating 3 times, then cool-down (10 minutes).
Week 2	<i>Sessions 1, 2 and 3:</i> Warm-up (15 minutes), a main phase (10.5 minutes): 1.5 minutes jogging/running, 2 minutes brisk walking, repeating 3 times, then cool-down (10 minutes).
Week 3	<i>Sessions 1, 2 and 3:</i> Warm-up (15 minutes), main phase (9 minutes): 1.5 minutes jogging/running, 1.5 minutes brisk walking, repeating 3 times then cool-down (10 minutes).
Week 4	<i>Sessions 1, 2 and 3:</i> Warm-up (15 minutes), a main phase (17.5 minutes): 3 minutes jogging/running, 1.5 minutes brisk walking, 5 minutes of jogging/running, 2.5 minutes brisk walking, 3 minutes of jogging/running, 2.5 minutes brisk walking then cool-down (10 minutes).
Week 5	<p><i>Session 1:</i> Warm-up (15 minutes), main phase (22 minutes): 5mins jogging/running, 2.5 minutes brisk walking, 5 minutes jogging/running, 2.5 minutes brisk walking, 5 minutes jogging/running, 2 minutes brisk walking, then cool-down (10 minutes)</p> <p><i>Session 2:</i> Warm-up (15 minutes), main phase (22 minutes): 8 minutes jogging/running, 3 minutes brisk walking, 8 minutes jogging/running, 3 minutes brisk walking, then cool-down (10 minutes).</p> <p><i>Session 3:</i> Warm-up (15 minutes), main phase (25 minutes): 20-minute jogging/running, 5 minutes brisk walking, then cool-down (10 minutes)</p>
Week 6	<p><i>Session 1:</i> Warm-up (15 minutes), main phase (30 minutes): 5 minutes jogging/running, 3 minutes brisk walking, 8 minutes jogging/running, 3 minutes brisk walking, 8 minutes jogging/running, 3 minutes brisk walking, then a cool-down (10 minutes).</p> <p><i>Session 2:</i> Warm-up (15 minutes), main phase (26 minutes): 10 minutes jogging/running, 3 minutes brisk walking, 10 minutes jogging/running, 3 minutes brisk walking, then cool-down (10 minutes).</p> <p><i>Session 3:</i> Warm-up (15minutes), main phase (16 minutes): 16 minutes of jogging/running, then cool-down (10 minutes).</p>
Week 7	<p><i>Session 1:</i> Warm-up (15 minutes), main phase (20 minutes): 20 minutes jogging/running, then cool-down (10 minutes).</p> <p><i>Session 2:</i> Warm-up (15 minutes), main phase (24 minutes): 24 minutes jogging/running, then cool-down (10 minutes).</p> <p><i>Session 3:</i> Warm-up (15 minutes), main phase (28 minutes): 28 minutes jogging/running, then cool-down (10 minutes).</p>
Week 8	<i>Sessions 1, 2 and 3:</i> Warm-up (15 minutes), main phase (30 minutes): 30 minutes jogging/running, then a cool-down (10 minutes).
Week 9	<i>Sessions 1, 2 and 3:</i> Warm-up (15 minutes), main phase (35 minutes) 35 minutes jogging/running, then a cool-down (10 minutes).