



## Number of sessions per week, intensity, time and type

<b>Week 1</b>	<b>x3 Sessions:</b> Warm-up (15 min). Main Phase (7.5 min): 1-min jogging/running, 1.5 min brisk walking - repeat x3. Cool-down (10 min).
<b>Week 2</b>	<b>x3 Sessions:</b> Warm-up (15 min). Main Phase (10.5 min): 1.5 min jogging/running, 2 min brisk walking - repeat x3. Cool-down (10 min).
<b>Week 3</b>	<b>x3 Sessions:</b> Warm-up (15 min). Main Phase (9 min): 1.5 min jogging/running, 1.5 min brisk walking - repeat x3. Cool-down (10 min).
<b>Week 4</b>	<b>x3 Sessions:</b> Warm-up (15 min). Main Phase (17.5 min): 3 min jogging/running, 1.5 min brisk walking, 5 min of jogging/running, 2.5 min brisk walking, 3 min jogging/running, 2.5 min brisk walking. Cool-down (10 min).
<b>Week 5</b>	<p><b>Session 1:</b> Warm-up (15 min). Main Phase (22 min): 5 min jogging/running, 2.5 min brisk walking, 5 min jogging/running, 2.5 min brisk walking, 5 min jogging/running, 2 min brisk walking. Cool-down (10 min).</p> <p><b>Session 2:</b> Warm-up (15 min). Main Phase (22 min): 8 min jogging/running, 3 min brisk walking, 8 min jogging/running, 3 min brisk walking. Cool-down (10 min).</p> <p><b>Session 3:</b> Warm-up (15 min). Main Phase (25 min): 20-min jogging/running, 5 min brisk walking. Cool-down (10 min).</p>
<b>Week 6</b>	<p><b>Session 1:</b> Warm-up (15 min). Main Phase (30 min): 5 min jogging/running, 3 min brisk walking, 8 min jogging/running, 3 min brisk walking, 8 min jogging/running, 3 min brisk walking. Cool-down (10 min).</p> <p><b>Session 2:</b> Warm-up (15 min). Main Phase (26 min): 10 min jogging/running, 3 min brisk walking, 10 min jogging/running, 3 min brisk walking. Cool-down (10 min).</p> <p><b>Session 3:</b> Warm-up (15min). Main Phase (16 min): 16 min of jogging/running. Cool-down (10 min).</p>
<b>Week 7</b>	<p><b>Session 1:</b> Warm-up (15 min). Main Phase (20 min): 20 min jogging/running. Cool-down (10 min).</p> <p><b>Session 2:</b> Warm-up (15 min). Main Phase (24 min): 24 min jogging/running. Cool-down (10 min).</p> <p><b>Session 3:</b> Warm-up (15 min). Main Phase (28 min): 28 min jogging/running. Cool-down (10 min).</p>
<b>Week 8</b>	<b>x3 Sessions:</b> Warm-up (15 min). Main Phase (30 min): 30 min jogging/running. Cool-down (10 min).
<b>Week 9</b>	<b>x3 Sessions:</b> Warm-up (15 min). Main Phase (35 min): 35 min jogging/running. Cool-down (10 min).