



Number of sessions per week, intensity, time and type

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