

You Gotta Move It To Lose It

8-Week Walk to Run Plan

Week	Su	M	Tu	W	Th	F	Sa
1	Walk 4 Min / Run 1 Min 4X	Walk 4 Min / Run 1 Min 4X	REST	Walk 4 Min / Run 1 Min 4X	Walk 4 Min / Run 1 Min 4X	REST	Walk 4 Min / Run 1 Min 4X
2	Walk 3 Min / Run 2 Min 5X	Walk 3 Min / Run 2 Min 5X	REST	Walk 3 Min / Run 2 Min 5X	Walk 3 Min / Run 2 Min 5X	REST	Walk 3 Min / Run 2 Min 5X
3	Walk 2 Min / Run 3 Min 5X	Walk 2 Min / Run 3 Min 5X	REST	Walk 2 Min / Run 3 Min 5X	Walk 2 Min / Run 3 Min 5X	REST	Walk 2 Min / Run 3 Min 5X
4	Walk 2 Min / Run 3 Min 6X	Walk 2 Min / Run 3 Min 6X	REST	Walk 2 Min / Run 3 Min 6X	Walk 2 Min / Run 3 Min 6X	REST	Walk 2 Min / Run 3 Min 6X
5	Walk 2 Min / Run 3 Min 6X	Walk 2 Min / Run 3 Min 6X	Walk 2 Min / Run 3 Min 6X	Walk 2 Min / Run 3 Min 6X	Walk 2 Min / Run 3 Min 6X	REST	Walk 2 Min / Run 3 Min 6X
6	Walk 1 Min / Run 4 Min 5X	Walk 1 Min / Run 4 Min 5X	Walk 1 Min / Run 4 Min 5X	Walk 1 Min / Run 4 Min 5X	Walk 1 Min / Run 4 Min 5X	REST	Walk 1 Min / Run 4 Min 5X
7	Walk 1 Min / Run 4 Min 6X	Walk 1 Min / Run 4 Min 6X	Walk 1 Min / Run 4 Min 6X	Walk 1 Min / Run 4 Min 6X	Walk 1 Min / Run 4 Min 6X	REST	Walk 1 Min / Run 4 Min 6X
8	Walk 5 Min Run 25 Min	Walk 5 Min Run 25 Min	REST	Run 30 Min	Run 30 Min	REST	Run 30 Min

Now you can run 30 mins. every other day until you feel comfortable to drop another rest day. If you prefer, on your rest days walk!!