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| **Session #** | **Session** | **Running Time** | **Comments** | **Pain****(/10)** |
| 1 | 5 x [1 min jog, 1 min walk] | 5 |  |  |
| 2 | 6 x [1 min jog, 1 min walk] | 6 |  |  |
| 3 | 7 x [1 min jog, 1 min walk] | 7 |  |  |
| 4 | 4 x [2min jog, 1 min walk] | 8 |  |  |
| 5 | 3 x [3min jog, 2 min walk] | 9 |  |  |
| 6 | 3 x [3min jog, 2 min walk] | 9 |  |  |
| 7 | 5 x (2 min jog, 2 min walk) | 10 |  |  |
| 8 | 4 x [3 min jog, 2 min walk] | 12 |  |  |
| 9 | 3 x [4 min jog, 3 min walk] | 12 |  |  |
| 10 | 3 x [5 min jog, 3 min walk] | 15 |  |  |
| 11 | 3 x [5 min jog, 3 min walk] | 15 |  |  |
| 12 | 6 – 5 – 4 – 3 min jog with 2 min walk between efforts | 18 |  |  |
| 13 | 6 – 5 – 4 – 3 min jog with 2 min walk between efforts | 18 |  |  |
| 14 | 4 x [5min jog, 2 min walk] | 20 |  |  |
| 15 | 3 x [7 min jog, 2 min walk] | 21 |  |  |
| 16 | 3 x [8 min jog, 2 min walk] | 24 |  |  |
| 17 | 2 x [10 min jog, 2 min walk] 5 min jog | 25 |  |  |
| 18 | 15 min jog, 3 min walk, 10 min jog | 25 |  |  |
| 19 | 2 x [15 min jog, 3 min walk] | 30 |  |  |
| 20 | 20 min jog, 3 min walk, 10 min jog | 30 |  |  |
| 21 | **30min straight run** | 30 |  |  |