

## Team Youngevity Beginner Running Schedule

	Mon	Tuesday	Weds	Thursday	Fri	Saturday	Sun
<b>1</b>	Rest or walk	5 min brisk walk to warm up. Then 60 secs of jogging then 90 secs of walking for 20 mins	Rest or walk	5 min brisk walk to warm up. Then 60 secs of jogging then 90 secs of walking for 20 mins	Rest	5 min brisk walk to warm up. Then 60 secs of jogging then 90 secs of walking for 20 mins	Rest
<b>2</b>	Rest or walk	5 min brisk walk to warm up. Then 90 secs of jogging then 2mins of walking for 20 mins	Rest or walk	5 min brisk walk to warm up. Then 90 secs of jogging then 2mins of walking for 20 mins	Rest	5 min brisk walk to warm up. Then 90 secs of jogging then 2mins of walking for 20 mins	Rest
<b>3</b>	Rest or walk	5 min brisk walk to warm up. Then 3 Rounds of 90 secs of jogging then 90 secs of walking, then 3 mins of jogging, 3 mins of walking.	Rest or walk	5 min brisk walk to warm up. Then 3 Rounds of 90 secs of jogging then 90 secs of walking, then 3 mins of jogging, 3 mins of walking	Rest	5 min brisk walk to warm up. Then 3 Rounds of 90 secs of jogging then 90 secs of walking, then 3 mins of jogging, 3 mins of walking	Rest
<b>4</b>	Walk	5 min brisk walk to warm up. Then jog 3 mins (1/4 mile), walk for 90 secs (1/8 mile), jog 5 mins (1/2 mile), walk 2.5 mins (1/4 mile), jog 3 mins, walk 90 secs, and finish with 5 min jog.	Rest or walk	5 min brisk walk to warm up. Then jog 3 mins (1/4 mile), walk for 90 secs (1/8 mile), jog 5 mins (1/2 mile), walk 2.5 mins (1/4 mile), jog 3 mins, walk 90 secs, and finish with 5 min jog.	Rest	5 min brisk walk to warm up. Then jog 3 mins (1/4 mile), walk for 90 secs (1/8 mile), jog 5 mins (1/2 mile), walk 2.5 mins (1/4 mile), jog 3 mins, walk 90 secs, and finish with 5 min jog.	Rest
<b>5</b>	Walk	5 min brisk walk to warm up. Then jog 5 mins (1/2 mile), walk 3 mins (1/4 mile), jog 5 mins, walk 3 mins, and finish with 5 min jog.	Rest or walk	5 min brisk walk to warm up. Then jog 10 mins (1 mile), walk 3 mins (1/4 mile), then jog 10 mins.	Rest	5 min brisk walk to warm up. Then jog 20-25 mins (2 ¼ miles).	Rest
<b>6</b>	Walk	5 min brisk walk to warm up. 2.5 mile run (25 mins)	Rest or walk	5 min brisk walk to warm up. 2.5 mile run (25 mins)	Rest	5 min brisk walk to warm up. 2.5 mile run (25 mins)	Rest
<b>7</b>	Walk	5 min brisk walk to warm up. 2.75 mile run (25 - 30 mins)	Rest or walk	5 min brisk walk to warm up. 2.75 mile run (25 - 30 mins)	Rest	5 min brisk walk to warm up. 2.75 mile run (25 - 30 mins)	Rest
<b>8</b>	Walk	5 min brisk walk to warm up. 3 mile run ( 30 mins)	Rest or walk	5 min brisk walk to warm up. 3 mile run ( 30 mins)	Rest	5 min brisk walk to warm up. 3 mile run ( 30 mins)	<b>Rest</b>