	Beginner & Intermediate	Advanced	Ideas			
Start Slowly – Increase Activities						
Week 1	Warm Up Walk for 30 min	Warm Up Walk: 30 min Run: 10 min	Used the stairs in the underground			
	3 times a week Sunday: 60 min	4 times a week Sunday: 60 min	Download our App			
	Walk: 20 min (x2) Jog: 10 min (x2)	Walk: 15 min (x2) Run: 30 min				
	Beginner &	Advanced	Ideas			
Intermediate						
	Maintai	n Training – Increas	se Activities			
Week 2	Warm Up Walk: 20 min Job: 20 min	Warm Up Walk: 30 min (x2) Run: 20 min	Walk to the underground instead of taking the bus			
	3 times a week	4 times a week	Roller Blade/Skate			
	Sunday: 60 min Walk: 20 min (x2) Fast walk: 10 min Jog: 10 min (x2)	Sunday: 90 min Walk: 15 min (x2) Run: 30 min (x2)				
	Beginner &	Advanced	Ideas			
	Intermediate					
	Maintai	n Training – Increas	se Activities			
Week 3	Warm Up Walk: 10 min Fast walk: 10 min Job: 30 min	Warm Up Walk: 10 min (x2) Run: 20 min (x2)	Once day a week, walk or run to work			
	3 times a week	4 times a week	Roller Blade/Skate			
	Sunday: 70 min Walk: 20 min (x2) Fast walk: 10 min Jog: 10 min (x2)	Sunday: 110 min Walk: 15 min (x2) Jog: 10 min (x2) Run: 30 min (x2)				
	Beginner &	Advanced	Ideas			
	Intermediate					
	Enjoy	Training – Increase	Activities			
Week 3	Warm Up Walk: 10 min Fast walk: 15 min Job: 30 min	Warm Up Walk: 10 min (x2) Run: 30 min (x2)	Once day a week, walk or run to work Roller Blade/Skate			
	3 times a week	4 times a week	Notice blade/3kate			
	Sunday: 80 min Walk: 10 min (x2) Fast walk: 20 min Jog: 20 min (x2)	Sunday: 110 min Walk: 10 min (x2) Jog: 15 min (x2) Run: 30 min (x2)				

	Beginner & Intermediate	Advanced	Ideas			
	Harder - Stay Focus					
Week 5	Warm Up Walk: 10 min Fast walk: 20 min Job: 30 min	Warm Up Walk: 10 min (x2) Run: 30 min (x2)	Once a week, walk or run to work			
	3 times a week	4 times a week	Fundraising			
	o umos a mosik		Set Goal			
	Sunday: 90 min Walk: 10 min. (x3) Jog: 20 min Run: 20 min. (x2)	Sunday: 105 min Walk: 5 min (x3) Jog: 15 min (x2) Run: 30 min (x2)	Drink plenty of fluid Balance Diet			
Beginner & Advanced Ideas Intermediate						
	Harder - Stay Focus					
Week 6	Warm Up Walk: 20 min (x2) Jog: 20 min (x2)	Warm Up Walk: 5 min (x3) Run: 40 min	Twice a week, walk or run to work			
	3 times a week	4 times a week	Fundraising			
	Sunday: 100 min	Sunday: 150 min	Set Goal			
	Walk: 10 min (x2) Jog: 20 min (x2) Run: 20 min (x2)	Walk: 10 min (x3) Jog: 10 min (x3) Run: 30 min (x3)	Drink plenty of fluid Balance Diet			
	Beginner &	Advanced	Ideas			
	Intermediate					
VA/o o la	Manne He	Harder - Stay Foo				
Week 7	Warm Up Walk: 5 min (x2)	Warm Up Walk: 10 min (x2)	Twice a week, walk or run to work			
/	Jog: 10 min (x2)	Run: 40 min (x2)	Turi to work			
	Run: 10 min (x2)	4 times a week	Fundraising			
	3 times a week	4 times a week	Set Goal			
	Sunday: 100 min	Sunday: 135 min	Deinle plants of Child			
	Walk: 10 min (x3) Jog: 10 min (x3)	Walk: 5 min (x3) Jog: 10 min (x3)	Drink plenty of fluid Balance Diet			
	Run: 20 min (x2)	Run: 30 min (x3)	Zaidiloo Biot			
	Beginner &	Advanced	Ideas			
	Intermediate					
		Harder - Stay Foo				
Week	Warm Up	Warm Up	Twice a week, walk or			
8	Walk: 5 min (x3) Job: 15 min (x2)	Walk: 10 min (x3) Run: 40 min (x3)	run to work			
	Run: 15 min (x2)	ran 10 mm (xo)	Fundraising			
	3 times a week	4 times a week	Set Goal			
	Sunday: 100 min	Sunday: 120 min	Drink plenty of fluid			
	Walk: 5 min (x2)	Walk: 5 min (x3)	Balance Diet			
	Job: 20 min (x2)	Jog: 15 min (x3)				
	Run: 20 min (x2)	Run: 30 min (x2)				

	Beginner & Intermediate	Advanced	Ideas			
Not Fare Now – Don't give up						
Week	Warm Up	Warm Up	Monitor your			
9	Walk: 5 min (x3)	Walk: 5 min (x3)	progress			
	Run: 30 min (x2)	Run: 40 min (x3)				
	3 times a week	4 times a week	Control your breathing			
	Sunday: 110 min Walk: 5 min. (x4) Run: 30 min. (x3)	Sunday: 110 min Jog: 5 min (x4) Run: 40 min (x3)	Download our App			
	Beginner &	Advanced	Ideas			
	Intermediate					
Not Fare Now – Don't give up						
Week	Warm Up Walk: 5 min (x3)	Warm Up Walk: 5 min (x3)	Monitor your			
10	Run: 30 min (x2)	Run: 40 min (x3)	progress			
	3 times a week	4 times a week	Control your			
	Sunday: 110 min	Sunday: 140 min	breathing			
	Jog: 5 min. (x4)	Jog: 5 min (x4)				
	Run: 30 min. (x3)	Run: 40 min (x3)	Download our App			
	Beginner & Intermediate	Advanced	Ideas			
		t Fare Now – Don't	give up			
Week	Warm Up	Warm Up	Monitor your			
11	Walk: 5 min (x3)	Jog: 5 min (x3)	progress			
	Run: 30 min (x3)	Run: 40 min (x3)				
	3 times a week	4 times a week	Control your			
	Sunday: 145 min	Sunday: 50 min	breathing			
	Jog: 5 min. (x5)	Run: 50 min				
	Run: 30 min. (x4)		Download our App			
	Beginner &	Advanced	Ideas			
Intermediate Believe in yourself – You've done it						
Week	Warm Up	Warm Up	You're ready for your			
12	Walk: 5 min (x3)	Walk: 5 min (x3)	First London Roller			
	Run: 30 min (x3)	Run: 40 min (x3)	Marathon			
	3 times a week	4 times a week	©©©			
	Sunday: 130 min Jog: 10 min. (x4)	Sunday: 60 min Run: 60 min				
	Run: 30 min. (x3)	Null. OU IIIII				