





July 20-26	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 12 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 15 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2
July 27-Aug 2	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 20 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 9 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2
Aug 3-9	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2

Aug 10-16	4k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 9 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3
Aug 17-23	4k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 9 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 4 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3
Aug 24-30	4k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 4 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 6 x 5 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3



Aug 31-Sept 6	4k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 5 x 6 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 3 x 10 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3
Sept 7-13	5k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 3 x 12 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 12 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 2 x 15 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4
Sept 14-20	5k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 3 x 13 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 12 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run Workout: Warm Up: 5 minute easy walk Main Set: 20 minutes continuous jogging or 7 x 4 minute run/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4



Sept 21-27	5k Walk	Run Workout: Warm Up: 5 minute easy walk Main Set: 25 minutes continuous jogging or 8 x 4 minute run/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run Workout: Warm Up: 5 minute easy walk Main Set: 30 minutes continuous jogging or 7 x 4 minute run/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4
Sept 28-Oct 4	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Day Off	3k Walk	Cameco Step Up Virtual 5k	Body Weight Strength Training Phase 4

