

16-Week Program

	Runs 1 and 3				Run 2				Perform Activation Exercise
	# of Rounds	Run (min)	Walk (min)	Total Time	# of Rounds	Run (min)	Walk (min)	Total Time	
Week 0 (optional)	8	1	3	32	6	1	3	24	After interval 4
Week 1	12	1	2	36	12	1	2	36	After interval 6
Week 2	8	2	2	32	8	2	2	32	After interval 4
Week 3	6	3	1	24	6	3	1	24	After interval 3
Week 4	5	4	2	30	5	4	2	30	After interval 3
Week 5	4	5	2	28	4	5	2	28	After interval 2
Week 6	4	6	2	32	4	6	2	32	After interval 2
Week 7	4	6	1	28	5	6	1	35	After interval 2
Week 8	5	8	2	50	Rest Day				After interval 3
Week 9	4	9	2	44	*5	45s	90s	11.25	Only as needed
Week 10	4	11	2	52	*6	45s	90s	13.5	Only as needed
Week 11	4	12	1	52	*6	60s	90s	15	Only as needed
Week 12	4	12	1	52	*8	60s	90s	20	Only as needed
Week 13	3	17	3	60	Rest Day				Only as needed
Week 14	3	18	2	60	*10	60s	90s	25	Only as needed
Week 15	3	19	1	60	*10	60s	90s	25	Only as needed
Week 16^	Run 1: 2 rds - Run 28 / Walk 2				Run 2: Run 60 minutes				Only as needed

***Indicates interval training**

^Week 16: Only two runs this week. In the standard program, perform 1 run at the beginning of the week. After several days of rest, perform run 2 (60 minutes continuous running). If you've only been running twice per week throughout the program, then skip run 1. Your only run this week is 60 minutes continuously. Congrats on finishing the program!

8 Week Program

	Runs 1 and 3					Run 2				Perform Activation Exercise
	# of Rounds	Run (min)	Walk (min)	Total Time		# of Rounds	Run (min)	Walk (min)	Total Time	
Week 1	10	2	2	40		8	2	2	32	After interval 5
Week 2	10	3	1	40		5	3	1	20	After interval 5
Week 3	6	5	2	42		5	5	2	35	After interval 3
Week 4	5	6	1	35		5	6	1	35	After interval 3
Week 5	4	10	2	48		*8	45s	90s	18	Only as needed
Week 6	3	15	2	51		*8	60s	90s	20	Only as needed
Week 7	3	17	2	57		*10	60s	90s	25	Only as needed
Week 8	Run 1: 3 rds - Run 19 / Walk 1					Run 2: Run 60 minutes				Only as needed

***Indicates interval training**

^**Week 8:** Only two runs this week. In the standard program, perform 1 run at the beginning of the week. After several days of rest, perform run 2 (60 minutes continuous running). If you've only been running twice per week throughout the program, then skip run 1. Your only run this week is 60 minutes continuously. Congrats on finishing the program!