Let’s Get Midwest City Moving Training Plan

Week 1: (3 times in the week) 5 minute warm up walk.
Alternate 60 seconds jogging and 90 seconds walking for 20 minutes.

Week 2: (3 times in the week) 5 minute warm up walk.
Alternate 90 seconds jogging and 2 minutes walking for 20 minutes.

Week 3: (3 times in the week) 5 minute warm up walk.
2 repetitions of jogging for 90 seconds and walking for 90 seconds, jog for 3 minutes, walk for 3 minutes.

Week 4: (3 times in the week) 5 minute warm up walk.
Jog for 3 minutes, walk 90 seconds, jog 5 minutes, walk 2.5 minutes, jog 3 minutes, walk 90 seconds, jog 5 minutes.

Week 5:
- Day 1: Brisk 5 minute warm up walk.
  Jog for 5 minutes, walk for 3 minutes, jog for 5 minutes, walk for 3 minutes, jog for 5 minutes.
- Day 2: Brisk 5 minute warm up walk.
  Jog 3/4 of a mile, walk 1/2 a mile, jog 3/4 of a mile.
- Day 3: Brisk 5 minute warm up walk.
  Jog for 2 miles.

Week 6:
- Day 1: Brisk 5 minute warm up walk.
  Jog for 5 minutes, walk for 3 minutes, jog for 5 minutes, walk for 3 minutes, jog for 5 minutes.
- Day 2: Brisk 5 minute warm up walk.
  Jog 1 mile, walk 1/4 mile, jog 1 mile.
- Day 3: Brisk 5 minute warm up walk.
  Jog 2 ¼ miles.

Week 7: (3 times in a week) Brisk 5 minute warm up walk.
Jog 2.5 miles.

Week 8: (3 times in a week) Brisk 5 minute warm up walk.
Jog 2.75 miles.

RUN A 5K!!