

Week one: Absolute Beginner				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog slowly for 30 seconds, then walk for 2 minutes. Repeat eight times (total training time 20 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 32 minutes			
Repeat	3 times during the course of the week			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week two: Absolute Beginner				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog slowly for 1 minute, then walk for 2 minutes. Repeat seven times (total training time 21 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 33 minutes			
Repeat	3 times during the course of the week			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week three: Absolute Beginner				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog slowly for 1 minute, then walk for 2 minutes. Repeat nine times (total training time 27 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 39 minutes			
Repeat	3 times during the course of the week			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week four: Absolute Beginner				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog slowly for 90 seconds, then walk for 2 minutes. Repeat seven times (total training time 24.5 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 36.5 minutes			
Repeat	3 times during the course of the week			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week five: Absolute Beginner				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog slowly for 90 seconds, then walk for 1 minute. Repeat ten times (total training time 25 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 37 minutes			
Repeat	3 times during the course of the week			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			