

Week one: Zero to Twenty				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog for 60 seconds, then walk for 90 seconds. 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: Zero to Twenty				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog for 90 seconds, then walk for 2 minutes. Repeat six 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: Zero to Twenty				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog for 90 seconds, then walk for 90 seconds, jog for 3 minutes, then walk for 3 minutes. Repeat (total training time 18 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 30 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: Zero to Twenty				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Jog for 3 minutes, then walk for 90 seconds, jog for 5 minutes, then walk for 2.5 minutes. Repeat (total training time 24 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 36 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: Zero to Twenty				
Warm-up	Walk at a fast pace for 5 minutes.			
Training run 1	Jog for 5 minutes, then walk for 3 minutes. Repeat three times (total training time 24 minutes)			
Training run 2	Jog for 8 minutes, then walk for 5 minutes. Repeat (total training time 26 minutes)			
Training run 3	Jog for 20 minutes			
Warm-down	Static stretch for 7 minutes. Total workout time: 37 minutes			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			