

RunAble C25K

		R	W	Repeat			
Week 1	Day 1	60s	90s	8			
	Day 2	60s	90s	8			
	Day 3	60s	90s	8			
		R	W	Repeat			
Week 2	Day 4	90s	2 min	6			
	Day 5	90s	2 min	6			
	Day 6	90s	2 min	6			
		R	W	R	W	Repeat	
Week 3	Day 7	90s	90s	3m	3m	2	
	Day 8	90s	90s	3m	3m	2	
	Day 9	90s	90s	3m	3m	2	
		R	W	R	W	R	W
Week 4	Day 10	3m	90s	5m	2m 30s	3m	1m 30s
	Day 11	3m	90s	5m	2m 30s	3m	1m 30s
	Day 12	3m	90s	5m	2m 30s	3m	1m 30s
		R	W	R	W	R	
Week 5	Day 13	5m	3m	5m	3m	5m	
	Day 14	8m	3m	8m			
	Day 15	20m					
		R	W	R	W	R	
Week 6	Day 16	5m	3m	8m	3m	5m	
	Day 17	10m	3m	10m			
	Day 18	25m					
		R					
Week 7	Day 19	25m					
	Day 20	25m					
	Day 21	25m					
		R					
Week 8	Day 22	28m					
	Day 23	28m					
	Day 24	28m					
		R					
Week 9	Day 25	30m					
	Day 26	30m					
	Day 27	30m					