

Fit Lifestyle Studios



Where Health Meets Fitness

Walk to Jog Program

1. If you experience any chest pain stop exercising immediately and call your physician.
2. The following Jogging Program must be used for those who want to start jogging or for those that would like to progress their jogging distance.
3. It is extremely important that the guidelines of the jogging program are adhered to, this is a time proven formula to help progress from walking to jogging 5 km.
4. Before you begin jogging you must have been walking 45 minutes, 3 to 5 days per week. Especially for those that have never done jogging before.
5. If you are currently jogging, then slot yourself in at the appropriate level and begin progressing from that point onwards.

Walk to Jog program:

WEEK	BRISK WALK <i>minutes</i>	JOGGING <i>minutes</i>	BRISK WALK <i>minutes</i>	Days per week
1	5	10	30	3
2	5	15	25	3
3	5	20	20	3
4	5	25	15	3
5	5	30	10	3
6	5	35	5	3
7	5	40	5 minutes slow walk	3
8	5	45	5 minutes slow walk	3
9	5	30	10	4
10	5	35	5	4
11	5	40	5 minutes slow walk	4
12	5	45	5 minutes slow walk	4
13	5	30	10	5
14	5	35	5	5
15	5	40	5 minutes slow walk	5
16	5	45	5 minutes slow walk	5