American Running Association's 12-Week Walk/Run Program

WEEK	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
1	Walk 15 min	[Walk 5 min Run 1 min] Repeat 1x Walk 5 min	Walk 15 min	[Walk 5 min Run 1 min] Repeat 1x Walk 5 min	Walk 15 min	[Walk 5 min Run 1 min] Repeat 1x Walk 5 min	REST
2	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 3 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 3 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 3 min] Repeat 1x Walk 5 min	REST
3	Walk 15 min Run 1 min Walk 2 min	[Walk 6 min Run 4 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 6 min Run 4 min] Repeat 1x Walk 5 min	Walk 15 min Run 1 min Walk 2 min	[Walk 6 min Run 4 min] Repeat 1x Walk 5 min	REST
4	Walk 15 min Run 1 min Walk 2 min	[Walk 3 min Run 2 min] Repeat 5x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 3 min Run 2 min] Repeat 5x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 3 min Run 2 min] Repeat 5x Walk 5 min	REST
5	Walk 15 min Run 1 min Walk 2 min	[Walk 5 min Run 5 min] Repeat 3x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 5 min Run 5 min] Repeat 3x Walk 5 min	Walk 15 min Run 2 min Walk 4 min	[Walk 5 min Run 5 min] Repeat 3x Walk 5 min	REST
6	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	REST
7	Walk 30 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 5 min Run 10 min Walk 5 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	Walk 5 min Run 10 min Walk 5 min	[Walk 4 min Run 6 min] Repeat 2x Walk 5 min	REST
8	Walk 30 min	[Walk 2 min Run 1 min] Repeat 9x Walk 5 min	Walk 5 min Run 15 min Walk 5 min	[Walk 2 min Run 1 min] Repeat 9x Walk 5 min	Walk 5 min Run 15 min Walk 5 min	[Walk 2 min Run 1 min] Repeat 9x Walk 5 min	REST
9	Walk 30 min	[Walk 1 min Run 30 sec] Repeat 20x Walk 5 min	Walk 5 min Run 20 min Walk 5 min	[Walk 1 min Run 30 sec] Repeat 20x Walk 5 min	Walk 5 min Run 20 min Walk 5 min	[Walk 1 min Run 30 sec] Repeat 20x Walk 5 min	REST
10	Walk 5 min Run 20 min Walk 5 min	Walk 15 min	Walk 5 min Run 20 min Walk 5 min	Walk 15 min	Walk 5 min Run 20 min Walk 5 min	Walk 15 min	REST
11	Walk 5 min Run 25 min Walk 5 min	Walk 15 min	Walk 5 min Run 25 min Walk 5 min	Walk 15 min	Walk 5 min Run 25 min Walk 5 min	Walk 15 min	REST
12	Walk 5 min Run 30 min Walk 5 min	Walk 15 min	Walk 5 min Run 30 min Walk 5 min	Walk 15 min	Walk 5 min Run 30 min Walk 5 min	Walk 15 min	REST