<table>
<thead>
<tr>
<th>Week</th>
<th>Workout 1</th>
<th>Workout 2</th>
<th>Workout 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</td>
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<tr>
<td>2</td>
<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
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<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
</tr>
</tbody>
</table>
| 3    | Brisk five-minute warmup walk, then do two repetitions of the following:  
• Jog 200 yards (or 90 seconds)  
• Walk 200 yards (or 90 seconds)  
• Jog 400 yards (or 3 minutes)  
• Walk 400 yards (or three minutes) | Brisk five-minute warmup walk, then do two repetitions of the following:  
• Jog 200 yards (or 90 seconds)  
• Walk 200 yards (or 90 seconds)  
• Jog 400 yards (or 3 minutes)  
• Walk 400 yards (or three minutes) | Brisk five-minute warmup walk, then do two repetitions of the following:  
• Jog 200 yards (or 90 seconds)  
• Walk 200 yards (or 90 seconds)  
• Jog 400 yards (or 3 minutes)  
• Walk 400 yards (or three minutes) |
| 4    | Brisk five-minute warmup walk, then:  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 2-1/2 minutes)  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 2-1/2 minutes)  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 2-1/2 minutes)  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes) |
| 5    | Brisk five-minute warmup walk, then:  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 3/4 mile (or 8 minutes)  
• Walk 1/2 mile (or 5 minutes)  
• Jog 3/4 mile (or 8 minutes) | Brisk five-minute warmup walk, then jog two miles (20 minutes) with no walking. |
| 6    | Brisk five-minute warmup walk, then:  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 3/4 mile (or 8 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 1 mile (or 10 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1 mile (or 10 minutes) | Brisk five-minute warmup walk, then jog 2-1/4 miles (22 minutes) with no walking. |
| 7    | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). |
| 8    | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | Birmingham Corporate Challenge 2016 |