

Tabelle1

Week	Workout	What to do	Done?
Week 1	Workout 1	5 min walk, alternate 60 sec running and 90 sec walking for 20 min	
	Workout 2	5 min walk, alternate 60 sec running and 90 sec walking for 20 min	
	Workout 3	5 min walk, alternate 60 sec running and 90 sec walking for 20 min	
Week 2	Workout 1	5 min walk, alternate 90 sec running and 120 sec walking for 20 min	
	Workout 2	5 min walk, alternate 90 sec running and 120 sec walking for 20 min	
	Workout 3	5 min walk, alternate 90 sec running and 120 sec walking for 20 min	
Week 3	Workout 1	5 min walk, 2 repetitions: 90 sec running, 90 sec walking, 3 min running, 3 min walking	
	Workout 2	5 min walk, 2 repetitions: 90 sec running, 90 sec walking, 3 min running, 3 min walking	
	Workout 3	5 min walk, 2 repetitions: 90 sec running, 90 sec walking, 3 min running, 3 min walking	
Week 4	Workout 1	5 min walk, 3 min running, 90 sec walking, 5 min running, 2.5 min walking, 3 min running, 90 sec walking, 5 min running	
	Workout 2	5 min walk, 3 min running, 90 sec walking, 5 min running, 2.5 min walking, 3 min running, 90 sec walking, 5 min running	
	Workout 3	5 min walk, 3 min running, 90 sec walking, 5 min running, 2.5 min walking, 3 min running, 90 sec walking, 5 min running	
Week 5	Workout 1	5 min walk, 8 min running, 5 min walk, 8 min running	
	Workout 2	5 min walk, 8 min running, 5 min walk, 8 min running	
	Workout 3	5 min walk, 8 min running, 5 min walk, 8 min running	
Week 6	Workout 1	5 min walk, 10 min running, 3 min walk, 10 min running	
	Workout 2	5 min walk, 10 min running, 3 min walk, 10 min running	
	Workout 3	5 min walk, 10 min running, 3 min walk, 10 min running	
Week 7	Workout 1	5 min walk, 22 min running	
	Workout 2	5 min walk, 22 min running	
	Workout 3	5 min walk, 22 min running	
Week 8	Workout 1	5 min walk, 25 min running	
	Workout 2	5 min walk, 25 min running	
	Workout 3	5 min walk, 25 min running	
Week 9	Workout 1	5 min walk, 28 min running	
	Workout 2	5 min walk, 28 min running	
	Workout 3	5 min walk, 28 min running	
Week 10	Workout 1	5 min walk, 30 min running	
	Workout 2	5 min walk, 30 min running	
	Workout 3	5 min walk, 30 min running	