

# Alternating Between Running And Walking Program

[FitActiveLiving.com](http://FitActiveLiving.com)

## Week 1

### Monday

Walk 2 Minutes  
Run 1 Minute  
6x = 18 minutes

### Wednesday

Walk 2 Minutes  
Run 1 Minute  
7x = 21 Minutes

### Friday

Walk 2 Minutes  
Run 1 Minute  
9x = 27 Minutes

## Week 2

### Monday

Walk 2 Minutes  
Run 2 Minutes  
7x = 28 minutes

### Wednesday

Walk 2 Minutes  
Run 2 Minutes  
8x = 32 minutes

### Friday

Walk 2 Minutes  
Run 3 Minutes  
6x = 30 minutes

## Week 3

### Monday

Walk 1 Minute  
Run 3 Minutes  
7x = 28 minutes

### Wednesday

Walk 1 Minute  
Run 3 Minutes  
8x = 32 minutes

### Friday

Walk 1 Minute  
Run 4 Minutes  
6x = 30 minutes

## Week 4

### Monday

Walk 1 Minute  
Run 4 Minutes  
4x = 24 minutes

### Wednesday

Walk 1 Minute  
Run 5 Minutes  
5x = 30 minutes

### Friday

Walk 1 Minute  
Run 6 Minutes  
5x = 35 minutes

**Note:** Before starting any training program, be sure to check with your doctor if you have health issues such as heart problems, asthma, high blood pressure or diabetes.