



from walking to **running**

30-DAY CHALLENGE @ darebee.com

1 4 minute walk 1 minute run 3 sets in total	2 4 minute walk 1 minute run 4 sets in total	3 2 minute walk 2 minute run 2 sets in total	4 15 minute walk	5 1 minute walk 10 second sprint 5 sets in total
6 2 minute walk 2 minute run 3 sets in total	7 3 minute walk 2 minute run 3 sets in total	8 15 minute walk	9 2 minute walk 2 minute run 4 sets in total	10 2 minute walk 10 second sprint 5 sets in total
11 5 minute walk 2 minute run 4 sets in total	12 15 minute walk	13 2 minute walk 3 minute run 3 sets in total	14 2 minute walk 2 minute run 4 sets in total	15 2 minute walk 20 second sprint 5 sets in total
16 15 minute walk	17 3 minute walk 3 minute run 4 sets in total	18 2 minute walk 3 minute run 4 sets in total	19 3 minute walk 3 minute run 5 sets in total	20 15 minute walk
21 1 minute walk 1 minute run 5 sets in total	22 1 minute walk 2 minute run 3 sets in total	23 1 minute walk 3 minute run 3 sets in total	24 15 minute walk	25 2 minute walk 25 second sprint 5 sets in total
26 1 minute walk 4 minute run 3 sets in total	27 2 minute walk 4 minute run 4 sets in total	28 15 minute walk	29 2 minute walk 5 minute run 3 sets in total	30 2 minute walk 5 minute run 4 sets in total