



The Chubby Runner Base Fitness Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk Walk 10 min.	XT XT 10 min.	Walk Walk 10 min.	Walk Walk 10 min.	ST Train 10 min.	Walk Walk 20 min.	Rest
	Time 10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	20 minutes	
2	Walk Walk 20 min.	ST Train 20 min.	Speed Walk Walk 20 min.	Walk Walk 10 min.	XT XT 20 min.	Brisk Walk Walk 25 min.	Rest
	Time 20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	25 minutes	
3	Walk Walk 20 min.	ST Train 25 min.	Walk Walk 25 min.	Speed Walk Walk 25 min.	XT XT 25 min.	Speed Walk Walk 30 min.	Rest
	Time 25 minutes	25 minutes	25 minutes	25 minutes	25 minutes	30 minutes	
4	Walk Walk 30 min.	XT XT 30 min.	Speed Walk Walk 30 min.	Walk Walk 30 min.	ST Train 30 min.	Brisk Walk Walk 35 min.	Rest
	Time 30 minutes	30 minutes	30 minutes	30 minutes	30 minutes	35 minutes	
5	Walk Run 35 min.	XT XT 35 min.	Walk Walk 35 min.	Walk Walk 35 min.	ST Train 35 min.	Speed Walk Walk 40 min.	Rest
	Time 35 minutes	35 minutes	35 minutes	35 minutes	35 minutes	40 minutes	
6	Walk Run 40 min.	Walk Walk 40 min.	ST Train 40 min.	Walk Walk 40 min.	XT XT 40 min.	Walk/Jog Walk 43 min. Jog 2 min.	Rest
	Time 40 minutes	40 minutes	40 minutes	40 minutes	40 minutes	45 minutes	
7	Walk Walk 40 min.	ST Train 45 min.	Speed Walk Walk 45 min.	Rest	XT XT 45 min.	Walk/Jog Walk 40 min. Jog 10 min.	Rest
	Time 45 minutes	45 minutes	45 minutes		45 minutes	50 minutes	
8	Walk Walk 50 min.	XT XT 50 min.	Speed Walk Walk 50 min.	Walk Walk 50 min.	ST Train 50 min.	Walk/Jog Walk 45 min. Jog 15 min.	Rest
	Time 50 minutes	50 minutes	50 minutes	50 minutes	50 minutes	60 minutes	
9	Walk Walk 50 min.	XT XT 50 min.	Jog Jog 20 min.	Rest	ST Train 50 min.	Walk/Jog Walk 30 min. Jog 25 min. Walk 25 min.	Rest
	Time 60 minutes	60 minutes	20 minutes		60 minutes	80 minutes	
10	Walk Walk 80 min.	Jog Jog 30 min	XT XT 60 min.	Walk Walk 30 min.	ST Train 90 min.	Walk/Jog Walk 30 min. Jog 35 min. Walk 25 min.	Rest
	Time 80 minutes	30 minutes	60 minutes	30 minutes	90 minutes	90 minutes	