

# Month 3

Beginner

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>TT volume 1</b> Run time = 38 min (Complete full workout)	<b>Walk</b> 30 min	<b>Jog</b> 30 min @ TTP	<b>Walk</b> 30 min	<b>TT volume 2</b> Run time = 20 min (Complete Sections 1, 2, half of 3)	OFF	<b>RUN</b> 3 miles (4.8 km)
<b>Walk</b> 30 min	<b>TT volume 2</b> Run time = 20 min (Complete Sections 1, 2, half of 3)	<b>Walk</b> 30 min	<b>TT volume 2</b> Run time = 26 min (Complete Sections 1, 2, 3)	<b>Walk</b> 30 min	<b>RUN</b> 3 miles (4.8 km)	OFF
<b>TT volume 2</b> Run time = 26 min (Complete Sections 1, 2, 3)	<b>Walk</b> 30 min	<b>Jog</b> 35 min @ TTP	<b>Walk</b> 30 min	<b>TT volume 2</b> Run time = 31 min (Complete Sections 1, 2, 3, half of 4)	OFF	<b>RUN</b> 3.5 miles (5.6 km)
<b>Walk</b> 30 min	<b>TT volume 2</b> Run time = 31 min (Complete Sections 1, 2, 3, half of 4)	<b>Walk</b> 30 min	<b>TT volume 2</b> Run time = 37 min (Complete full workout)	<b>Walk</b> 30 min	OFF	<b>RUN</b> 3.5 miles (5.6 km)

**GOAL**