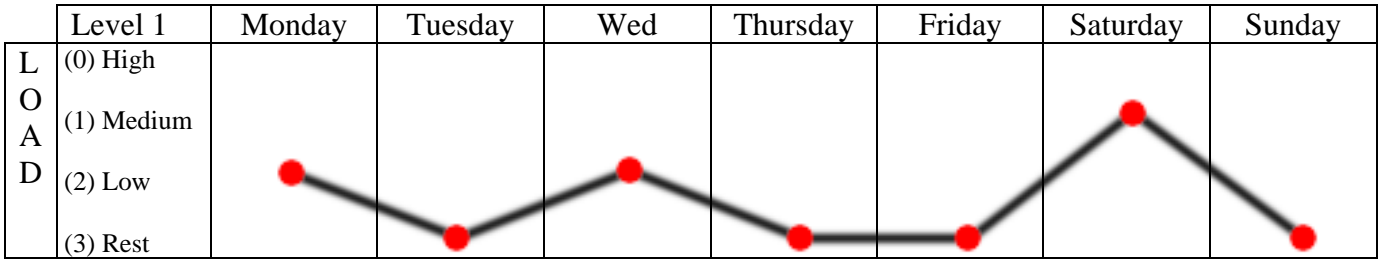


Example of a Beginning Level One Personalized Training Program



Day	Training Stimulus	Volume (miles)	Total Time Needed
Monday	Walk 10 minutes Jog 3 minutes Walk 10 minutes Jog 3 minutes Walk 10 minutes	3	36 minutes training <u>10 minutes stretching</u> 46 minutes total
Tuesday	Rest	0	
Wednesday	Walk 10 minutes Jog 3 minutes Walk 10 minutes Jog 3 minutes Walk 10 minutes	3	36 minutes training <u>10 minutes stretching</u> 46 minutes total
Thursday		0	
Friday		0	
Saturday	Walk 15 minutes Jog 5 minutes Walk 10 minutes Jog 5 minutes Walk 15 minutes	4	50 minutes training <u>10 minutes stretching</u> 60 minutes total
Sunday	Rest	0	
	Weekly Total:	10	