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Train Your Heart Workout

1. Time Saver

2 min	brisk walk (3.5-4mph)
1 min	fast walk (4-4.5mph)
1 min	light jog (5-6mph)
1 min	fast walk (4-4.5mph)
1 min	fast jog (6-7mph)
1 min	run (7-7.5mph)
1 min	fast walk (4-4.5mph)
2 min	light jog (5-6mph)
1 min	fast walk (4-4.5mph)
2 min	fast jog (6-7mph)
1 min	run (7-7.5mph)
1 min	brisk walk (or cooldown)

2. Fat Burner

3 min	light jog (5-6mph)
1 min	fast walk (4-4.5mph)
3 min	fast jog (6-7mph)
1 min	run (7-7.5mph)
1 min	fast walk (4-4.5mph)
2 min	light jog (5-6mph)
2 min	fast jog (6-7mph)
1 min	run (7-7.5mph)
1 min	brisk walk (or cooldown)

3. Fat Blaster

3 min	light jog (5-6mph)
3 min	fast jog (6-7mph)
1 min	run (7-7.5mph)
2 min	light jog (5-6mph)
3 min	fast jog (6-7mph)
2 min	run (7-7.5mph)
1 min	brisk walk/cooldown