

BALRUN

28-Day Cardio Challenge

Cardio Challenge Instructions.

- 1 Complete **30 minutes** of cardio each day.
- 2 Choose **walking, jogging**, or a mix of both.
- 3 Move at a **comfortable pace** you can maintain.
- 4 If jogging feels hard, **return to walking and recover**.
- 5 The goal is **consistency — move every day**.
- 6 After finishing Day 7, **move to the next week**.

Total Program: 28 Days • 4 weeks • 7 Days Per Week

WEEK 1 (Days 1–7)

Build the Habit

DAY 1 – WALK 30 MINUTES
DAY 2 – WALK 25 MIN + JOG 5 MIN
DAY 3 – WALK 20 MIN + JOG 10 MIN
DAY 4 – WALK 30 MINUTES
DAY 5 – WALK 20 MIN + JOG 10 MIN
DAY 6 – WALK 15 MIN + JOG 15 MIN
DAY 7 – WALK 30 MINUTES

Coaching:

Easy pace

Focus on rhythm and breathing

[MOVE TO WEEK 2](#)

WEEK 2 (Days 8–14)

Build Endurance

DAY 8 – WALK 15 MIN + JOG 15 min
DAY 9 – WALK 10 MIN + JOG 20 min
DAY 10 – WALK 15 MIN + JOG 15 min
DAY 11 – WALK 10 MIN + JOG 20 min
DAY 12 – WALK 10 MIN + JOG 20 min
DAY 13 – WALK 5 MIN + JOG 25 min
DAY 14 – WALK 15 min recovery

Coaching:

Comfortable jog pace

Stay relaxed

[MOVE TO WEEK 3](#)

WEEK 3 (Days 15–21)

Increase Stamina

DAY 15 – WALK 5 MIN + JOG 25 min
DAY 16 – JOG 20 MIN + WALK 10 min
DAY 17 – JOG 25 MIN + WALK 5 min
DAY 18 – JOG 20 MIN + WALK 10 min
DAY 19 – JOG 25 MIN
DAY 20 – JOG 30 MIN RECOVERY
DAY 21 – WALK 30 MIN RECOVERY

[MOVE TO WEEK 4](#)

WEEK 4 (Days 22–28)

Finish Strong.

DAY 22 – JOG 25 MIN + WALK 5 min
DAY 23 – JOG 30 MINUTES
DAY 24 – JOG 20 MIN + WALK 10 min
DAY 25 – JOG 30 MINUTES
DAY 26 – JOG 25 MIN + WALK 5 min
DAY 27 – JOG 30 MINUTES
DAY 28 – JOG OR WALK 30 MINUTES

[CHALLENGE COMPLETE](#)

BALRUN Coaching Tip

Consistency beats intensity.

Move daily.