

Day 1 - 5 min walk, 1 min jog, repeat 5 times  
Day 2 - 4 min walk, 2 min jog, repeat 5 times  
Day 3 - 3 min walk, 3 min jog, repeat 5 times  
\*\*\*optional take 1 day off, can bike on that day\*\*\*

Day 4 - 2 min walk, 4 min jog, repeat 5 times  
Day 5 - 1 min walk, 5 min jog, repeat 5 times  
\*\*\*mandatory take 1-2 days off, optional bike\*\*\*

Day 6 - 1 min walk, 6 min jog, repeat 5 times  
Day 7 - 1 min walk, 7 min jog, repeat 4 times  
Day 8 - 1 min walk, 8 min jog, repeat 3 times  
\*\*\*optional take 1 day off, can bike on that day\*\*\*

Day 9 - 1 min walk, 9 min jog, repeat 2 times  
Day 10 - run 20 min consecutive  
\*\*\*mandatory take 1-2 days off, optional bike\*\*\*

After day 10 she just needs to increase her overall running so she's back to her pace and distance.

Let me know if you have any questions!