

# WEEK 4

MONDAY

Run 7 min,walk 2 min.  
Repeat 3 times

TUESDAY

Rest

WEDNESDAY

Run 8 min,walk 2 min.  
Repeat 3 times

THURSDAY

Rest

FRIDAY

Rest

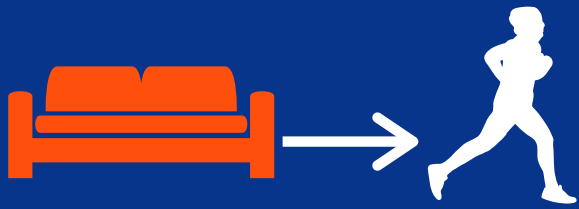
SATURDAY

Run 8 min,walk 2 min.  
Repeat 3 times

SUNDAY

Rest





# WEEK 4

## WEEKLY TIP

- Weather – we live in Ireland and it rains regularly. Get out in the rain and get your session done, there is serious fulfilment from sessions like these.
- Breathing – in the first few minutes of a session your breathing rate will increase, this is normal. We need more oxygen from moving quicker so we breathe faster to get the oxygen in, it does not mean you are not fit!!!
- Cooling down/stretching. As the sessions become longer and more strenuous it is imperative we stretch all major muscle groups after our sessions. Calves, quads, hamstrings, hip flexors and glutes. 15 secs on each x 2.