

# WEEK 7

MONDAY

Run 10 min,walk 1 min.  
Repeat 3 times

TUESDAY

Rest

WEDNESDAY

Run 12 mins, walk 2 mins. Repeat  
twice,then run for 5 mins

THURSDAY

Rest

FRIDAY

Rest

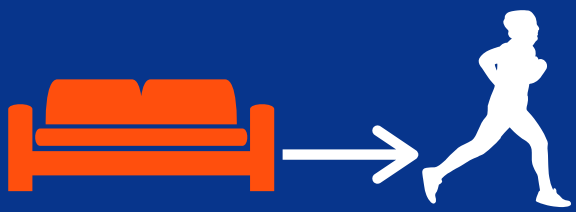
SATURDAY

Run 8 min,walk 2 min.  
Repeat 3 times

SUNDAY

Rest





# WEEK 7

## WEEKLY TIP

- Skin irritation- friction of skin can occur when running, put vaseline on the more vulnerable areas to stave off any irritation.
- Eating before a session – my advice is 2 hours before, something not too heavy, a favourite of mine is weetabix. Find what works for you.
- The stitch – a stitch can hamper any session, they are not pleasant, we do not have to stop though. Focus on your breathing, slow down for a bit and try keep relaxed.