

WEEK 8

MONDAY

Run 15 mins, walk 1 min.
Repeat twice

TUESDAY

Rest

WEDNESDAY

Run 8 min, walk 2 min.
Repeat 3 times

THURSDAY

Rest

FRIDAY

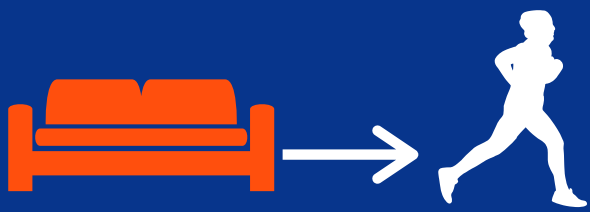
Rest

SATURDAY

Time to run 5k!

SUNDAY

Rest



WEEK 8

WEEKLY TIP

- Reflect and be proud – you've come so far from week 1 where it all seemed so daunting, look at where you are now.
- Use YOUR experience – each session you will gain experience, trust that you know what works for you now and more importantly what doesn't.
- Final push – too often I see people slow down as they approach the end of something with exercise. This week make sure you get over the line with a real strong determination.