

WEEK 2

MONDAY

Run 3 min,walk 3 min.
Repeat 4 times

TUESDAY

Rest

WEDNESDAY

Run 3 min,walk 3 min.
Repeat 4 times

THURSDAY

Rest

FRIDAY

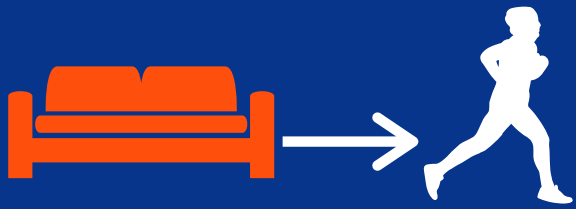
Rest

SATURDAY

Run 5 mins,walk 3 mins.
Repeat 3 times.

SUNDAY

Rest



WEEK 2

WEEKLY TIPS

- Well done for getting week 1 done, be proud and be happy you have, starting is often the hardest part!
- Don't put too much pressure on yourself, this program is to help you move more and hopefully enjoy the process of getting fitter through walking/jogging/running, not run a world record 5k.
- A day or 2 after your 1st few run/jog/walk you may have sore muscles, this again is normal but the soreness should subside after another day or so.
- REST, running every day may seem the best way to get to your goal faster but can lead to injury. Use your rest days to recover and allow your body to adapt.