

WEEK 3

MONDAY

Run 5 min,walk 3 min.
Repeat 4 times

TUESDAY

Rest

WEDNESDAY

Run 5 min,walk 3 min.
Repeat 4 times

THURSDAY

Rest

FRIDAY

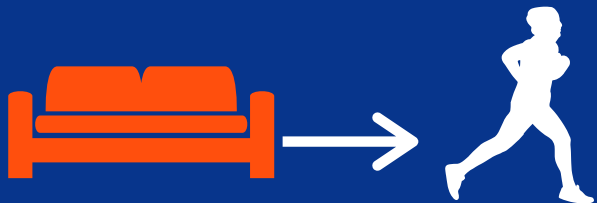
Rest

SATURDAY

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

SUNDAY

Rest



WEEK 3

WEEKLY TIP

- Obstacles – they come up, learn to deal with them. Sick kids, bad weather, demotivated? Have a plan to get around these.
- Pain- if you are in any pain when walking/jogging/running please stop and speak to a physio or your GP.
- Praise yourself! This is not easy, it's not "a stroll in the park", BUT, its rewarding! Praise yourself and enjoy the endorphins after each session.

Keep it going!