

WEEK 5

MONDAY

Run 8 min,walk 2 min.
Repeat 3 times

TUESDAY

Rest

WEDNESDAY

Run 10 mins, walk 2 mins. Repeat
twice,then run for 5 mins

THURSDAY

Rest

FRIDAY

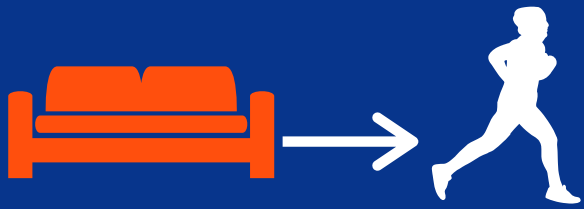
Rest

SATURDAY

Run 8 min,walk 2 min.
Repeat 3 times

SUNDAY

Rest



WEEK 5

WEEKLY TIP

- Access to sugar- Anyone's blood sugars can drop when exercising, so have access to a sugary drink or jellies. Look at these as insurance. Especially if training in secluded areas or on your own.
- Hydrate- making sure that you are taking in enough water throughout the day will make a big difference to your sessions.
- Mental health/resilience- get out on any bad days. Your body will react and you will feel better for it. Keep the session light and easy.
- We are over the half way point so lets keep it going!