

# WEEK 6

MONDAY

Run 9 min,walk 1 min.  
Repeat 3 times

TUESDAY

Rest

WEDNESDAY

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

THURSDAY

Rest

FRIDAY

Rest

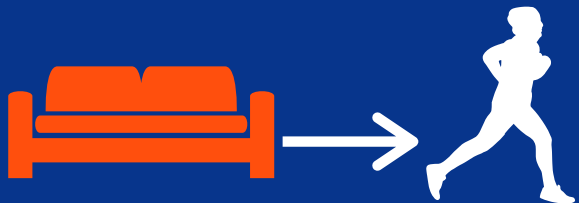
SATURDAY

Run 8 min,walk 2 min.  
Repeat 3 times

SUNDAY

Rest





# WEEK 6

## WEEKLY TIP

- The challenge will remain – understand that as duration and distance increase that your body will continue to need to adapt to these levels.
- Immediate Recovery- session done, run done, what's next? Food.... it can be a quick snack before you shower like a piece of fruit or protein ball and then a substantial meal to follow.
- Sun cream- put your sun cream on so it can dry in before you sweat, save you eyes from the burn too!