



WORKOUTS

Week	Workout structure ¹	Session 1	Session 2	Session 3 ²
1	1 min running, 1 min walking	20 mins	30 mins	20 mins
2	2 min running, 1 min walking	20 mins	30 mins	20 mins
3	3 min running, 1 min walking	25 mins	30 mins	20 mins
4	4 min running, 1 min walking	2.5 kms	3.0 kms	2.5 kms
5	5 min running, 1 min walking	2.5 kms	3.5 kms	3.0 kms
6	6 min running, 1 min walking	2.5 kms	4.0 kms	3.5 kms
7	7 min running, 1 min walking	2.5 kms	4.5 kms	3.5 kms
8	8 min running, 1 min walking	2.5 kms	4.5 kms with hills	3.5 kms
9	9 min running, 1 min walking	2.5 kms	4.5 kms with hills	3.0 kms
10	10 min running, 1 min walking	2.5 kms	5.0 kms	3.5 kms
11	10 min running, 1 min walking	2.5 kms	5.0 kms with hills	4.0 kms
12	10 min running, 1 min walking	2.5 kms	5.5 kms or race	2.5 kms (easy pace)
13	10 min running, 1 min walking	2 kms	Goal Event	

¹ if you are doing a walking program replace running with fast walking

² try to increase running speed slightly