



Name

I started this training on:

### ACTIVITY 1

### ACTIVITY 2

### ACTIVITY 3

WEEK 1

Brisk 5 min warm-up walk. Then alternate 60 secs of jogging & 90 sec of walking for a total of 20 min.

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WEEK 2

Brisk 5 min warm-up walk. Then alternate 90 secs of jogging and 2 mins of walking for a total of 20 mins.

Brisk 5 mins warm-up walk. Then alternate 90 secs of jogging and 2 mins of walking for a total of 20 mins.

Brisk 5 mins warm-up walk. Then alternate 90 secs of jogging and 2 mins of walking for a total of 20 mins.

WEEK 3

Brisk 5 mins warm-up walk, then do 2 repetitions of:

- jog 200 yards or 90 sec
- walk 200 yards or 90 sec
- Jog 400 yards or 3 min
- walk 400 yards or 3 mins

Brisk 5 mins warm-up walk, then do 2 repetitions of:

- jog 200 yards or 90 sec
- walk 200 yards or 90 sec
- Jog 400 yards or 3 min
- walk 400 yards or 3 mins

Brisk 5 mins warm-up walk, then do 2 repetitions of:

- jog 200 yards or 90 sec
- walk 200 yards or 90 sec
- Jog 400 yards or 3 min
- walk 400 yards or 3 mins

WEEK 4

Brisk 5 mins warm-up walk, then:

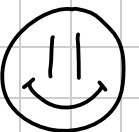
- jog 1/4 mile or 3min
- walk 1/8 mile or 90 sec
- jog 1/2 mile or 5 min
- walk 1/4 mile or 2.5 min
- jog 1/4 or 3 min
- walk 1/8 min or 90 sec
- jog 1/2 mile or 5 min

Brisk 5 mins warm-up walk, then:

- jog 1/4 mile or 3min
- walk 1/8 mile or 90 sec
- jog 1/2 mile or 5 min
- walk 1/4 mile or 2.5 min
- jog 1/4 or 3 min
- walk 1/8 min or 90 sec
- jog 1/2 mile or 5 min

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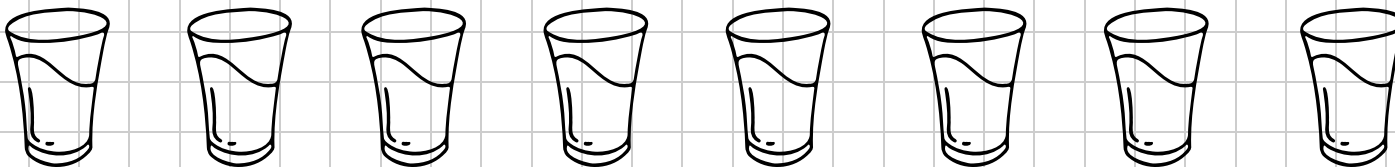


Name

### 4-WEEK CHECK POINT

I LIKE RUNNING BECAUSE: \_\_\_\_\_

I'M DRINKING WATER DAILY



DISTANCE I CAN RUN IN 5 MIN \_\_\_\_\_

LONGEST DISTANCE I HAVE RUN SO FAR \_\_\_\_\_

MY UPCOMING RACE IS \_\_\_\_\_ ON \_\_\_\_\_

MY RUNNING BUDDY IS \_\_\_\_\_

