

Week 1

For your 2 runs in week 1, you will begin with a brisk 5-minute walk, then alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 20 minutes.

Week 2

For your 2 runs in week 2, you will begin with a brisk 5-minute walk, then alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes.

Week 3

For your 2 runs in week 3, you will begin with a brisk 5-minute walk, then 2 repetitions of 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking.

Week 4

For your 2 runs in week 4, you will begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 5 minutes of running, 2- and-a-half minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking and 5 minutes of running.

Week 5

There are 2 different runs this week:

Run 1: a brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 5 minutes of running, 3 minutes of walking and 5 minutes of running.

Run 2: a brisk 5-minute walk, then 8 minutes of running, 5 minutes of walking and 8 minutes of running.

Week 6

There are 2 different runs this week:

Run 1: a brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 8 minutes of running, 3 minutes of walking and 5 minutes of running.

Run 2: a brisk 5-minute walk, then 10 minutes of running, 3 minutes of walking and 10 minutes of running.

Week 7

There are 2 different runs this week:

Run 1: a brisk 5-minute walk, then 15 minutes of running, with no walking.

Run 2: a brisk 5-minute walk, then 18 minutes of running with no walking.

Week 8

For your 2 runs in week 8, you will begin with a brisk 5-minute walk, then 20 minutes of running, no walking.

Week 9

For your 2 runs in week 9, you will begin with a brisk 5-minute walk, then 25 minutes of running.

Week 10

For your 2 runs in week 10, you will begin with a brisk 5-minute walk, then 28 minutes of running (this week we will add in some fun - Indian file and a hill).

Week 11

For your 2 runs in week 11, you will begin with a brisk 5-minute walk, then 30 minutes of running.

Week 12

For your 2 runs in week 11, you will begin with a brisk 5 minute walk, then 35 minutes of running.

**FIRST PARKRUN ON 2 APRIL 2022
(COURSE TO BE DECIDED)**