

4 Week Running Program

* Start each Day with a 2-3 min brisk walk *

Apr 16 -22	Apr 23-29	Apr 30-May 6	May 7-13
Day 1: Run/Walk Set 1 min run/1 min walk X 3	Day 1: Run/Walk Set 1 min run/1 min walk X 5	Day 1: Run/Walk Set 2 min run/1 min walk X 3	Day 1: Run/Walk Set 3 min run/1 min walk X 4
Day 2: Run/Walk Set 1 min run/1 min walk X 4	Day 2: Run/Walk Set 1 min run/1 min walk X 5	Day 2: Run/Walk Set 2 min run/1 min walk X 4	Day 2: Run/Walk Set 4 min run/1 min walk X 3
Day 3: Run/Walk Set 1 min run/1 min walk X 4	Day 3: Run/Walk Set 2 min run/1 min walk X 3	Day 3: Run/Walk Set 3 min run/1 min walk X 3	Day 3: Run/Walk Set 1 min run/1 min walk X 10

Running Tips:

Run with a tall posture. Look straight ahead & relax your shoulders.
Swing arms back to front with hands brushing hips, not side to side.

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