

WEEK #3:

PODCAST, EPISODE #3: "STICK WITH IT"

Change for week #3:

Day 2/Day 4 run/jog segments are staying the same (2min/1min)!

Week #3 is a good week to let go of one break during the long run, e.g.

Instead of 6 breaks, do only 5 or 4 or make them shorter!

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 1 Mile run/jog with breaks; run/jog relaxed for up to ½ mile, break (walk for 1min.), repeat. (Can be broken into as many segments as needed! Take one less break today!)
- Day 7: Rest Day (Relax!)