

WEEK #4:

PODCAST, EPISODE #4: "DISCIPLINE & CONSISTENCY"

Change for week #4:

Your long run (Day 6): The overall length increases by 0.5 miles to 1.5 miles total.

- 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 1.5 Mile run/jog with breaks; run/jog relaxed for up to ½ mile, break (walk for 1min.), repeat 2x. (Can be broken into as many segments as needed!)
- Day 7: Rest Day (Relax!)