

WEEK #7:

PODCAST, EPISODE #7: "YOU GOT THIS"

Change for week #7:

Day 2/Day 4/Day 7 increasing the run/jog part by 1min to a 3min. 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 3min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 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 3min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 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 2.5-Mile run/jog with breaks; run/jog relaxed for 1.25-mile, break (walk for 1min.), repeat. (Breaks are okay again but try to start limiting your breaks during the long runs e.g. 2/3 instead of 4!)
- Day 7: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 3min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk