

Weeks 1-8

- 1- Make sure you have some adequate footwear.
- 2- If you plan to do the run in the dark, please wear clothing that you will be visible.
- 3- Try to do the schedule with a friend or family member, you will find it easier than alone. We are still allowed to exercise with one other person.
- 4- The schedule is a run/walk. Try to complete each run segment without stopping, so start sensibly.
- 5- Try to do the workout on somewhere well lit (if after dark) and on somewhere flat (the prom for example).
- 6- If you are feeling unwell, or unsure on your current physical conditions, please seek advice from your doctor before starting.
- 7- Try to do the 2 scheduled runs each week, but from week 4, your second run should go back to the previous week.
- 8- Any questions, please do not hesitate to ask.
headcoach@tonezonerunners.org

Week 1	Run 1 Jog for 1 minute Brisk walk for 5 minutes Repeat 5 times = 30mins	Run 2 Jog for 1 minute Brisk walk for 5 minutes Repeat 5 times = 30mins
Week 2	Run 1 Jog for 2 minutes Brisk walk for 4 minutes Repeat 5 times = 30mins	Run 2 Jog for 2 minutes Brisk walk for 4 minutes Repeat 5 times = 30mins

Week 3	Run 1 Jog for 3 minutes Brisk walk for 3 minutes Repeat 5 times = 30mins	Run 2 Jog for 3 minutes Brisk walk for 3 minutes Repeat 5 times = 30mins
Week 4	Run 1 Jog for 4 minutes Brisk walk for 2 minutes Repeat 5 times = 30mins	Run 2 Jog for 3 minutes Brisk walk for 3 minutes Repeat 5 times = 30mins
Week 5	Run 1 Jog for 5 minutes Brisk walk for 1 minute Repeat 5 times = 30mins	Run 2 Jog for 4 minutes Brisk walk for 2 minutes Repeat 5 times = 30mins
Week 6	Run 1 Jog for 15 minutes Brisk walk for 1 minute Repeat 2 times = 32mins	Run 2 Jog for 5 minutes Brisk walk for 1 minute Repeat 5 times = 30mins
Week 7	Run 1 30 minutes continuous run	Run 2 Jog for 15 minutes Brisk walk for 1 minute Repeat 2 times = 32mins
Week 8	Run 1 5km run Remember to start sensibly	Run 2 30 minutes continuous run