

Walk Run Program

Week 1

Session 1 R1 W2 Repeat x 12

Session 2 R1 W2 Repeat x 9

Session 3 R1 W2 Repeat x 11

Week 2

Session 1 R2 W2 Repeat x 11

Session 2 R1 W2 Repeat x 10

Session 3 R2 W2 Repeat x 10

Week 3

Session 1 R3 W2 Repeat x 10

Session 2 R2 W2 Repeat x 9

Session 3 R3 W2 Repeat x 9

Week 4 - Easy recovery week

Session 1 R3 W2 Repeat x 8

Session 2 R2 W2 Repeat x 7

Session 3 R2 W3 Repeat x 7

Week 5

Session 1 R3 W1 Repeat x 10

Session 2 R2 W1 Repeat x 10

Session 3 R3 W1 Repeat x 9

Week 6

Session 1 R5 W1 Repeat x 8

Session 2 R2 W1 Repeat x 12

Session 3 R3 W1 Repeat x 10

Week 7

Session 1 R10 W1 Repeat x 5

Session 2 R3 W1 Repeat x 10

Session 3 R5 W1 Repeat x 8

Week 8

Session 1 R10 W1 Repeat x 4

Session 2 R3 W1 Repeat x 8

Session 3 R5 W1 Repeat x 7

Week 9

Session 1 R10 W1 R20 W1 R15 W1 R10

Session 2 R10 W1 Repeat x 4

Session 3 R15 W1 Repeat x 3

Week 10

Session 1 R30 W1 R30

Session 2 R10 W1 Repeat x 4

Session 3 R20 W1 R15 W1 R10

Week 11

Session 1 R40 W1 R20

Session 2 R10 W1 Repeat x 4

Session 3 R20 W1 R15 W1 R10

Week 12 - Easy week

Session 1 R50

Session 2 R10 W1 Repeat x 3

Session 3 R15 W1 R15 W1 R10

Week 13

Session 1 R40

Session 2 R10 W1 Repeat x 3

Session 3 The Sun Run!