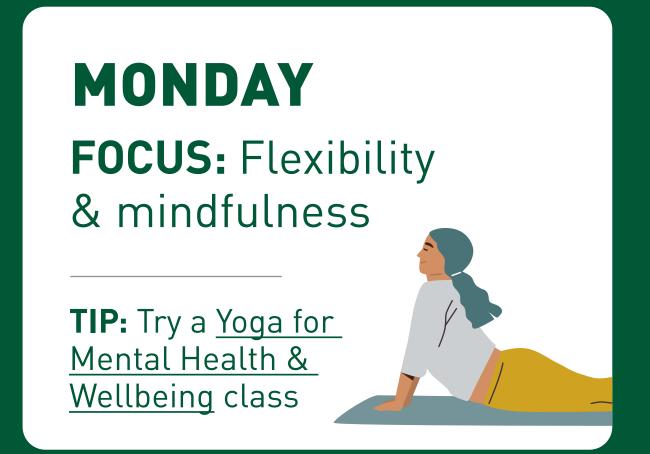
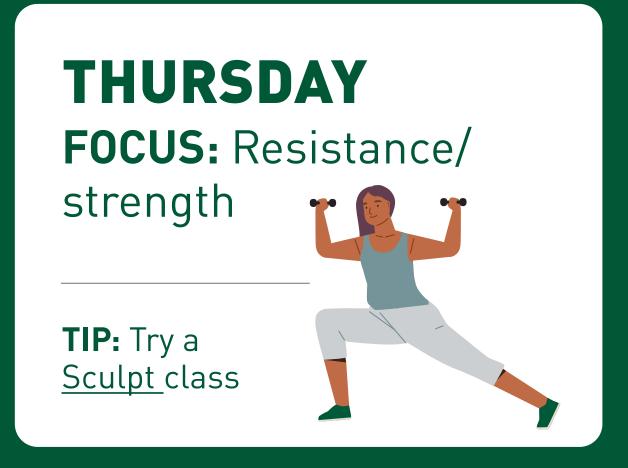
LEARN TO RUN Signal of the second of the se





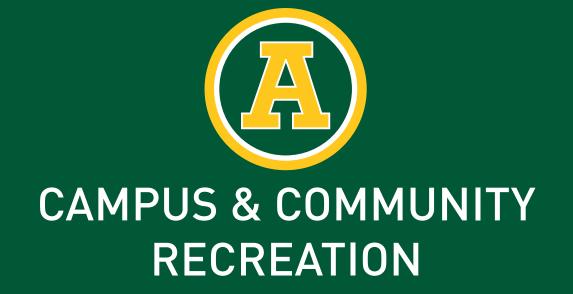












LEARN TO RUN Service of the service

WEEK 1

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 1 min run, walk 90 sec x 8 (20 mins)

WEEK 3

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 2 min run, walk 90 sec x 6 (21 mins)

WEEK 5

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 4 min run, 1 min walk x 5 (20 mins)

WEEK 7

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk **RUN:** 5 min run, 90 sec walk x 4 (26 mins)

WEEK 9

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 7 min run, walk 90 sec x 3 (25.5 mins)

WEEK 11

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 9 min run, walk 90 sec x 3 (31.5 mins)

WEEK 2

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 90 sec run, 90 sec walk x 7 (21 mins)

WEEK 4

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 3 min run, 90 sec walk x 5 (22.5 mins)

WEEK 6

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 4.5 min run, 1 min walk x 5 (27.5 mins)

WEEK 8

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 6 min run, walk 1 min x 4 (28 mins)

WEEK 10

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 8 min run, walk 1 min x 3 (27 mins)

WEEK 12

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk RUN: 10 min run, 1 min walk (until you complete 5 KM)

