

Walk to Jog Preparation!

KEEP SCOTLAND ACTIVE WITH

jogscotland



TARGET: JOG CONTINUOUSLY FOR 30MINS

Week 1

5 min walk
5 x 3 min jog (2 min walk between)
5 min walk

Week 2

5 min walk
5 x 4 min jog (2 min walk between)
5 min walk

Week 3

5 min walk
4 x 5 min jog (2 min walk between)
5 min walk

Week 4

5 min walk
4 x 6 min jog (2 min walk between)
5 min walk

Week 5

5 min walk
1 x 6 min jog
2 x 8 min jog
1 x 6 min jog
5 min walk

} 3 min walk in between

Week 6

5 min walk
4 x 8 min jog (3 min walk between)
5 min walk

Week 7

5 min walk
3 x 10 min jog (3 min walk between)
5 min walk

Week 8

5 min walk
2 x 15 min jog (3 min walk between)
5 min walk

Week 9

5 min walk
1 x 10 min jog
1 x 20 min jog
5 min walk

} 3 min walk in between

Week 10

5 min walk
30 min continuous jog
5 min walk