

your happy pace



Joggers

Training Plan - Week 1

- **Monday**
Easy Jog - Walk
10 min **Walk**
5 min **Jog**
- **Tuesday**
Rest
- **Wednesday**
Walk - Jog Intervals
5 rounds
alternating:
1 min **Jog**
2 min **Walk**
- **Thursday**
Rest
- **Friday**
Rest
- **Saturday**
parkrun
2km **Walk - Jog**
- **Sunday**
Rest