

# *your happy pace*



## Joggers

### Training Plan - Week 2

● **Monday**  
Easy Jog - Walk  
10 min **Walk**  
7 min **Jog**

● **Tuesday**  
Rest

● **Wednesday**  
Walk - Jog Intervals  
5 rounds  
alternating:  
90 sec **Jog**  
2 min **Walk**

● **Thursday**  
Rest

● **Friday**  
Rest

● **Saturday**  
parkrun  
3km **Jog**

● **Sunday**  
Rest