



Vhi

Vhi
presents
parkrun

your happy pace



Joggers

Training Plan - Week 5

● **Monday**
Easy Jog - Walk
25 min Jog

● **Tuesday**
Rest

● **Wednesday**
Walk - Jog Intervals
3 rounds
alternating:
6 min Jog
2 min Walk

● **Thursday**
Rest

● **Friday**
Rest

● **Saturday**
parkrun
5km Jog - Walk

● **Sunday**
Rest