



Vhi

Vhi
presents
parkrun

your happy pace



Walkers

Training Plan - Week 4

- **Monday**
Easy Pace
25 min Easy Walk
- **Tuesday**
Rest

- **Wednesday**
Short Intervals
26 min Walk
alternating:
2 min brisk Walk
2 min easy Walk
- **Thursday**
Rest

- **Friday**
Rest
- **Saturday**
parkrun
4.5km Steady Walk
- **Sunday**
Rest