



your happy pace



Joggers

Training Plan - Week 3

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

● **Tuesday**
Rest

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

● **Thursday**
Rest

● **Friday**
Rest

● **Saturday**
parkrun
3.5km Jog

● **Sunday**
Rest