

your happy pace



Joggers

Training Plan - Week 4

- **Monday**
Easy Jog - Walk
20 min Jog
- **Tuesday**
Rest
- **Wednesday**
Walk - Jog Intervals
4 rounds
alternating:
4 min Jog
2 min Walk
- **Thursday**
Rest
- **Friday**
Rest
- **Saturday**
parkrun
4km Jog
- **Sunday**
Rest