



Vhi

Vhi
presents
parkrun

your happy pace



Walkers

Training Plan - Week 3

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

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

- **Friday**
Rest
- **Saturday**
parkrun
4km Steady Walk
- **Sunday**
Rest