



Vhi

Vhi
presents
parkrun

your happy pace



Walkers

Training Plan - Week 6

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

- **Wednesday**
Short Intervals
20 min Walk
alternating:
1 min brisk Walk
3 min easy Walk
- **Thursday**
Rest

- **Friday**
Rest
- **Saturday**
parkrun
5km Steady Walk
- **Sunday**
Rest