

## Week 10

- **Beginner Jogger/Runner- Stretch Before and After Exercise.**

Day 1(Mon)	Day 2(Wed)	Day 3(Fri)	Day 4(Sun)
<ul style="list-style-type: none"> <li>• 30 min easy jog</li> </ul>	<ul style="list-style-type: none"> <li>• 10 min jog</li> </ul> <p><b>Fartlek</b></p> <ul style="list-style-type: none"> <li>• * 5 min <b>run</b> (on) at 60-70%) *2:30 min <b>jog</b> (off) recovery at 30-40%). Repeat * above 4 times,</li> <li>• 10 min jog</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cross Train</b>, Swim, Cycle, or other Activity you enjoy</li> </ul>	<ul style="list-style-type: none"> <li>• 65 min easy jog</li> </ul>
<b>Total 30 min</b>	<b>Total 50 min</b>	<b>Total 40 -50 min</b>	<b>Total 65 min</b>

## Week 10

- **Intermediate Jogger/Runner - Stretch Before and After Exercise**

Day 1(Mon)	Day 2(Wed)	Day 3(Fri)	Day 4(Sun)
<ul style="list-style-type: none"> <li>• 10 min easy jog</li> </ul> <p><b>Tempo Run</b></p> <ul style="list-style-type: none"> <li>• <b>15 min at 75-80%</b></li> <li>• 10 min easy jog</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cross Train</b>, Swim, Cycle, or other Activity you enjoy</li> </ul>	<ul style="list-style-type: none"> <li>• 10 min jog</li> </ul> <p><b>Fartlek</b></p> <ul style="list-style-type: none"> <li>• * 6 min <b>run</b> (on) at 65-75%) *3 min <b>jog</b> (off) recovery at 40-50%). Repeat * above 4 times</li> <li>• 10 min jog</li> </ul>	<ul style="list-style-type: none"> <li>• 75 min easy jog</li> </ul>
<b>Total 35 min</b>	<b>Total 45-60 min</b>	<b>Total 56 min</b>	<b>Total 75 min</b>

Gerry McQuaid