

## Week 11

- **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>• 20 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>• * 3 min <b>run</b> (on) at 60-70%) *90sec <b>jog</b> (off) recovery at 30-40%). Repeat * above 6 times,</li> <li>• 5 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>• 75 min easy jog</li> </ul>
<b>Total 20 min</b>	<b>Total 42 min</b>	<b>Total 30 -40 min</b>	<b>Total 75 min</b>

## Week 11

### 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>• 25 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>• * 3 min <b>run</b> (on) at 65-75%) *1 min <b>jog</b> (off) recovery at 40-50%). Repeat * above 6 times</li> <li>• 5 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>• 85 min easy jog</li> </ul>
<b>Total 25 min</b>	<b>Total 39 min</b>	<b>Total 40-50 min</b>	<b>Total 85 min</b>

Gerry McQuaid