

Week 7:

- **Beginner Jogger/Runner (take a rest day after each day's exercising) - Stretch Before and After Exercise.**

Day 1(Mon)	Day 2(Wed)	Day 3(Fri)	Day 4(Sun)
<ul style="list-style-type: none"> • 30 min easy jog 	Cross Train , Swim, Cycle, or other Activity you enjoy	<ul style="list-style-type: none"> • 10 min jog Fartlek <ul style="list-style-type: none"> • * 2 min run (on) at 60-70%) *2 min jog (off) recovery at 30-40%). Repeat * above 6 times • 10 min jog 	<ul style="list-style-type: none"> • 35-40 min easy jog
Total 30 min	Total 35 -45 min	Total 44 min	Total 35-40 min

Week 7

Intermediate Jogger/Runner (Take a rest day after each day's exercising) - Stretch Before and After Exercise

Day 1(Mon)	Day 2(Wed)	Day 3(Fri)	Day 4(Sun)
<ul style="list-style-type: none"> • 10 min jog Tempo Run (60-70% Effort) for 35 min <ul style="list-style-type: none"> • 10 min jog 	Cross Train , Swim, Cycle, or other Activity you enjoy	<ul style="list-style-type: none"> • 10 min jog Fartlek <ul style="list-style-type: none"> • * 3 min run (on) at 75-85%) *1 min jog (off) recovery at 40-50%). Repeat * above 5 times • 10 min jog 	<ul style="list-style-type: none"> • 55 -60 min easy jog
Total 55 min	Total 30-40 min	Total 40 min	Total 55-60 min

Gerry McQuaid