

Week 8:

- **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 	<ul style="list-style-type: none"> • 10 min jog <p style="text-align: center;">Fartlek</p> <ul style="list-style-type: none"> • * 3 min run (on) at 60-70%) *2 min jog (off) recovery at 30-40%). Repeat * above 5 times • 10 min jog 	<ul style="list-style-type: none"> • Cross Train, Swim, Cycle, or other Activity you enjoy • 20 min easy jog if racing on Sunday 	<ul style="list-style-type: none"> • 45 min easy jog or Race Celtic Link 10K Duncannon 26th Feb 12pm
Total 30 min	Total 45 min	Total 35-40 min/25 min	Total 45 min or Race

Week 8

- **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 <p style="text-align: center;">Tempo Run</p> <p style="text-align: center;">(50-60% Effort) for 25 min</p> <ul style="list-style-type: none"> • 10 min jog 	<ul style="list-style-type: none"> • 10 min jog <p style="text-align: center;">Fartlek</p> <ul style="list-style-type: none"> • * 4 min run (on) at 65-70%) *2 min jog (off) recovery at 40-50%). Repeat * above 3 times, *1 min run (on) 1 min jog (off) intensity as above Repeat 5 times • 10 min jog 	<ul style="list-style-type: none"> • Cross Train, Swim, Cycle, or other Activity you enjoy • 25 min easy jog if racing on Sunday 	<ul style="list-style-type: none"> • 60 min easy jog or Race Celtic Link 10K Duncannon 26th Feb 12pm
Total 45 min	Total 48 min	Total 35-40 min/25 min	Total 60 min or Race

