

Week 6:

- **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"> • 15 min jog • 2 min walk • 20 min jog • 2 min walk • 15 min jog 	<p>Cross Train Swim, Cycle, or other Activity you enjoy</p>	<ul style="list-style-type: none"> • 25 min jog • 2 min walk • 20 min jog • 2 min walk • 5 min jog 	<ul style="list-style-type: none"> • 30 min easy Jog
Total 54 min	Total 35 -45 min	Total 54 min	Total 30 min

Week 6

- **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 30 min • 10 min jog 	<p>Cross Train Swim, Cycle, or other Activity you enjoy</p>	<ul style="list-style-type: none"> • 10 min jog • Fartlek • * 5 min run (on at 75-80%) *3 min jog (off recovery at 40-50%). Repeat * above 5 times • 10 min jog 	<ul style="list-style-type: none"> • 45 min easy jog
Total 50 min	Total 30-40 min	Total 57 min	Total 45 min

Gerry McQuaid