

## Week 9:

- **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"> <li>• 25 min easy recovery jog (if raced on Sunday)</li> <li>• 35 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>• * 4 min <b>run</b> (on) at 60-70%) *2 min <b>jog</b> (off) recovery at 30-40%). Repeat * above 3 times, *3 min <b>run</b> (on) at 60-70%) *90 sec <b>jog</b> (off) recovery at 30-40%). Repeat * above 3 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>• 60 min easy jog</li> </ul>
<b>Total 25-35 min</b>	<b>Total 51 min</b>	<b>Total 40 -50 min</b>	<b>Total 60 min</b>

## Week 9

- **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"> <li>• 30 min easy recovery jog (if raced on Sunday)</li> <li>• 40 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 65-75%) *2 min <b>jog</b> (off) recovery at 40-50%). Repeat * above 4 times, *1 min <b>run</b> (on) 1 min <b>jog</b> (off) intensity as above Repeat 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>• 70 min easy jog</li> </ul>
<b>Total 30-40 min</b>	<b>Total 56 min</b>	<b>Total 45-55 min</b>	<b>Total 70 min</b>