

#### Week 4:

- **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/Sat/Sun)   |
|--|--|--|
| <ul style="list-style-type: none"> <li>• 10 min walk</li> <li>• 6 min jog</li> <li>• 6 min walk</li> <li>• 6 min jog</li> <li>• 10 min walk</li> </ul> | <ul style="list-style-type: none"> <li>• 10 min walk</li> <li>• 8 min jog</li> <li>• 5 min walk</li> <li>• 8 min jog</li> <li>• 10 min walk</li> </ul> | <ul style="list-style-type: none"> <li>• 10 min jog</li> <li>• 5 min walk</li> <li>• 8 min jog</li> <li>• 10 min walk</li> <li>• 4 min jog</li> <li>• 10 min walk</li> </ul> |
| <b>Total 38 mins</b>   | <b>Total 41 mins</b>   | <b>Total 47 mims</b>   |

#### Week 4

**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>• 10 min jog</li> <li>• <b>Fartlek</b></li> <li>• 4 x 4mins run (on) 3 min jog (off)</li> <li>• 10 min jog</li> </ul> | <ul style="list-style-type: none"> <li>• 35 - 40 mins easy jog</li> </ul> | <b>Cross Train</b> Swim, Cycle, or other Activity you enjoy | <ul style="list-style-type: none"> <li>• 40 -45 mins easy jog</li> </ul> |
| <b>Total 47 mins</b>   | <b>Total 35-40 mins</b>   | <b>Total 45-60 mins</b>                                     | <b>Total 40-45 mins</b>  |

Gerry McQuaid