

Week 5:

- **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"> • 10 min jog • 3 min walk • 12 min jog • 3 min walk • 10 min jog • 3 min walk 	<ul style="list-style-type: none"> • 15 min jog • 2 min walk • 12 min jog • 2 min walk • 10 min jog • 2 min walk 	<ul style="list-style-type: none"> • 10 min jog • 3 min walk • 15 min jog • 3 min walk • 12 min jog • 3 min walk
Total 41 mins	Total 43 mins	Total 46 mins

Week 5

- 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 • Fartlek • 5 x 3 mins run (on) 2 min jog (off) • 3 x 1 min run (on) 1 min jog (off) • 10 min jog 	<ul style="list-style-type: none"> • 30 easy jog 	<p>Cross Train Swim, Cycle, or other Activity you enjoy</p>	<ul style="list-style-type: none"> • 45 - 50 mins easy jog
Total 52 mins	Total 30 mins	Total 45-60 mins	Total 45-50 mins

Gerry McQuaid