

Workout of the Week — Week 4

5K Beginner:

3 minutes jogging, 90 seconds walking, 5 minutes jogging, 2:30 minutes walking, 3 minutes jogging, 90 seconds walking, 5 minutes jogging

5K Intermediate:

2:30 minutes running, 90 seconds jogging X6

10K Beginner:

10 minutes jogging, 1 minute walking, repeat X4

10K Intermediate:

6 minutes running, 3 minutes jogging, 1 minute walking (repeat X5)