

Workout of the Week — Week 1

5K Beginner:

60 seconds jogging, 90 seconds walking X8

5K Intermediate:

60 seconds running, 2 minutes jogging, 2 minutes walking X5

10K Beginner:

5 minutes jogging, 3 minutes walking X4

10K Intermediate:

4 minutes running, 3 minutes jogging, 2 minutes walking, 1 minute recovery (repeat X3)