

Workout of the Week — Week 6

5K Beginner:

5 minutes jogging, 3 minutes walking, 8 minutes jogging, 3 minutes walking, 5 minutes jogging

5K Intermediate:

4 minutes running, 1 minute jogging X5

10K Beginner:

45-minute easy jog

10K Intermediate:

5 minutes running, 5 minutes jogging (repeat X5)