

Workout of the Week — Week 3

5K Beginner:

90 seconds jogging, 90 seconds walking, 3 minutes jogging, 3 minutes walking X3

5K Intermediate:

2 minutes running, 1 minute jogging X7

10K Beginner:

8 minutes jogging, 2 minutes walking, repeat X4

10K Intermediate:

5 minutes running, 1 minute walking (repeat X8)