

Workout of the Week — Week 2

5K Beginner:

90 seconds jogging, 2 minutes walking X7

5K Intermediate:

2 minutes running, 2 minutes jogging, 1 minute walking X5

10K Beginner:

5 minutes jogging, 3 minutes walking, 8 minutes jogging, 3 minutes walking, then repeat once more

10K Intermediate:

3 minutes running, 3 minutes jogging (repeat X 7)