

The Plan

Start each session with a walk for a minute or two rather than heading straight into the run. Walk for a minute at the end to cool down.

Focus on effort level for the run sections being a 5-6/10. It really doesn't matter about pace but aim to keep running for the interval duration.

It's okay to repeat a week if you end up missing a more than one session or don't feel ready to progress yet.

	Session 1	Session 2	Session 3
Week 1	Run 30s, Walk 30s Repeat x 15	Run / Walk 10 mins	Walk 5km (time how long it takes you)
Week 2	Run 45s, Walk 45s Repeat x 12	Run / Walk 15 mins	Walk 5km (aim to beat last week's time)
Week 3	Run 60s, Walk 60s Repeat x 10	Run / Walk 20 mins	Walk 5km (aim to beat last week's time)
Week 4	Run 90s, Walk 90s Repeat x 8	Run / Walk 25 mins	Run 1km, Walk 4km
Week 5	Run 2min, Walk 2min Repeat x 6	Run / Walk 30 mins	Run 2km, Walk 3km
Week 6	Run 3min, Walk 2min Repeat x 5	Run / Walk 35 mins	Run 3km, Walk 2km
Week 7	Run 5min, Walk 2min Repeat x 4	Run / Walk 40 mins	Run 4km, Walk 1km
Week 8	Run 10min, Walk 60s Repeat x 3	Run / Walk 45 mins	Run 5km!