

RUN OF THE WEEK

WEEK 1

12 minute run reps with a 30 second brisk walk between each rep

- Repeat 3-8 times depending on your level of fitness;
- The run should be at 'conversational' pace (able to talk comfortably in full sentences). The recovery walk should be brisk.
- Aim to run your last rep at the same pace as your first.
- If you find 12 minutes too long then decrease to 5 or 8 minutes or whatever you can manage.

Always start each session with a proper warm up and finish with a proper recovery.

