

Joggers/Fast Walkers – On alternate days, crosstrain. This can include weight training (I like the Nike Training Club free app – try the stretching or core routines to start), swimming, cycling, yoga, etc. etc.

<b>Week</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>1</b>	5 minute warm up walk followed by 20 minutes jogging or walking at a fast pace. 5 minute cool down walk. Stretch	5 minute warm-up walk followed by 20 minute interval jog or walk (1 minute fast jog/walk – should be challenging – 90 second easier pace to catch your breath) Repeat for total of 20 minutes. 5 minute cool down walk and stretch	Get your apps ready! Find a hilly course and do a 5 minute warm up walk. Next, jog or walk a hilly course for 2 miles. 5 minute cooldown. Stretch