

SESSION IDEAS FOR STARTING OUT

[5 min gentle walk, 5 min brisk walk] repeat until 25 minutes completed

[4 min walk, 1 min run] repeat until 25 minutes completed

[5 min walk, 2 min run] repeat until 28 minutes completed

5 min walk, 2 min run, 5 min walk, 3 min run, 5 min walk, 2 min run, 5 min walk

[3 min walk, 2 min run] repeat until 25 minutes completed

3 min walk, 2 min run, 3 min walk, 3 min run, 3 min walk, 4 min run, 3 min walk

4 min walk, [2 min run, 2 min walk] x4, 4 min walk

5 min walk, [1 min run, 1 min walk] repeat 5 times, 5 min walk

4 min walk, [2 min run, 1 min walk] repeat 4 times, 4 min walk

[1 min walk, 3 min run] repeat until 28 minutes completed

1 min walk, 1 min run, 1 min walk, 2 min run, 1 min walk, 3 min run, 1 min walk, 4 min run, 1 min walk, 5 min run, 1 min walk

[2 min walk, 4 min run] repeat until 30 minutes completed

[1 min walk, 5 min run] repeat until 30 minutes completed

3 min walk, 8 min run, 2 min walk, 5 min run, 2 min walk, 8 min run, 3 min walk

SESSION IDEAS IF YOU'RE MORE ADVANCED

3 min walk, 12 min run, 1 min walk, 12 min run, 3 mins walk

5 min walk, 5 min run, 2 min walk, 10 min run, 2 min walk, 15 min run, 5 min walk

5 min walk, 15 min run, [2 min walk, 2 min run] repeat 4 times, 5 min walk

3 min walk, [10 min run, 2 min walk] repeat 3 times, 3 min walk

3 min walk, 10 min run, 2 min walk, 15 min run, 2 min walk, 10 min run, 3 min walk

5 min walk, 20 min run, 2 min walk, 15 min run, 5 min walk

5 min walk, 30 min run, 5 min walk

