



St. John the Baptist B.N.S. Parent Association Couch to 5K

# Week 3



3 sessions this week (all the same)

as follows

5 minutes walk  
followed by

- 1.5 minutes of brisk walking/jogging and 1.5 minutes of walking
- 3 minutes of brisk walking/jogging and 3 minutes of walking.
- 1.5 minutes of brisk walking/jogging and 1.5 minutes of walking
- 3 minutes of brisk walking/jogging and 3 minutes of walking

Total: 23 minutes