



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

Week 4



3 sessions this week (all the same)

as follows

5 minutes walk
followed by

- 3 minutes of brisk walking/jogging,
- 1-and-a-half minutes of walking,
- 5 minutes of brisk walking/jogging,
- 2-and-a-half minutes of walking,
- 3 minutes of brisk walking/jogging
- 1-and-a-half minutes of walking
- 5 minutes of brisk walking/jogging

Total: 26.5 minutes