

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

## Week 5



3 sessions this week – all different this week

### **Session 1:**

- 5 minute walk
- 5 minutes of brisk walking/jogging
- 3 minutes of walking
- 5 minutes of brisk walking/jogging
- 3 minutes of walking
- 5 minutes of brisk walking/jogging

### **Session 2:**

- 5 minute walk
- 8 minutes of brisk walking/jogging
- 5 minutes of walking
- 8 minutes of brisk walking/jogging

### **Session 3:**

- 5 minute walk
- 20 minutes of brisk walking/jogging (continuous with no easy walking)