

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

Week 6



3 sessions this week – all different this week

Run 1:

- 5 minutes walking
- 5 minutes of brisk walking/jogging
- 3 minutes of walking
- 8 minutes of brisk walking/jogging
- 3 minutes of walking
- 5 minutes of brisk walking/jogging

Run 2:

- 5 minutes walking
- 10 minutes of walking/jogging
- 3 minutes of walking
- 10 minutes of walking/jogging

Run 3:

- 5 minutes walking
- 25 minutes of continuous brisk walking/jogging