

INTERVAL PROGRAM - II

WEEK 1
5'W + 10' (1'R / 1'W) + 5'W
15' (1'R / 1'W)
20' (1'R / 1'W)
25' (1'R / 1'W)
30' (1'R / 1'W)

WEEK 2
20' (2'R / 1'W)
30' (2'R / 1'W)
20' (3'R / 1'W)
30' (3'R / 1'W)
20' (4'R / 1'W)

WEEK 3
30' (4'R / 1'W)
20' (9'R / 1'W)
30' (9'R / 1'W)
30' (14'R / 1'W)
30' NON-STOP

W : Walk

R : Run

INTERVAL PROGRAM - III

WEEK 1
5'W + 10' (1'R / 1'W) + 5'W
REST
15' (2'R / 1'W)
20' (3'R / 1'W)
REST
25' (4'R / 1'W)
30' (9'R / 1'W)

WEEK 2
35' (9'R / 1'W)
REST
45' (14'R / 1'W)
20' NON-STOP
50' (9'R / 1'W)
60' (14'R / 1'W)
REST

W : Walk

R : Run

- Start and end with a 5 min. walk
- Depending on your symptoms:
 - Go back one workout
 - Repeat the same workout
 - Skip one or two workouts
- Run minimum 4 x/week... and maximum 6 x/week
- Choose a cross-country surface without hills (firm and irregular)
- Use a cross-training activity to complete your training regimen (bike, aqua-jogging)