

**Walk/Run Intervals**

**Workout Focus:**

Cardio

High Intensity Interval Training (HIIT)

**Warm Up: 5 minutes**

1-2 minutes easy walk or jog

2-3 minutes moderate intensity walk or jog

**Interval Work: 15-45 minutes**

See options below. Intervals are designed to progress, so if new to running, start with set one for a week or two before trying the second set. If already a regular runner and are looking for an extra challenge, repeat intervals as many times as possible in set time period or try and increase your speed each round!

**Cool Down: 5 minutes**

Easy walk or jog

End with static stretches, primarily focusing on quads, hamstrings, hips and calves

**SET 1: WALK TO JOG**

**Easy to moderate/hard intensity; Repeat 8 – 12x**

1. Jog/Run 1 Block or 30 seconds
2. Walk/Jog 2 Blocks or 1 to 2 minutes

**SET 2: JOG TO RUN**

**Moderate to hard intensity; Repeat 6 – 10x**

1. Run/Sprint- 1 Block or 10 to 20 seconds
2. Jog/Run- 1 Block or 30 to 60 seconds
3. Walk - 2 Blocks or 1 to 2 minutes
4. Jog/Run- 1 Block or 30 to 60 seconds

**SET 3: RUN TO SPRINT**

**Moderate to hard/anaerobic intensity; Repeat 6 – 10x**

1. Run/Sprint- 2 Blocks or 20 to 40 seconds
2. Jog/Run- 2 Blocks or 40 to 60 seconds