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

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**SET 1: WALK TO JOG**
*Easy to moderate/hard intensity; Repeat 8 – 12x*

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

**SET 2: JOG TO RUN**
*Moderate to hard intensity; Repeat 6 – 10x*

A. Run/Sprint- 1 Block or 10 to 20 seconds  
B. Jog/Run- 1 Block or 30 to 60 seconds  
C. Walk - 2 Blocks or 1 to 2 minutes  
D. Jog/Run- 1 Block or 30 to 60 seconds

**SET 3: RUN TO SPRINT**
*Moderate to hard/anaerobic intensity; Repeat 6 – 10x*

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