

Born to Run Program

Weeks 5-8

Do's

- ✓ Dress appropriately.
- ✓ Hold your 'easy' effort evenly.
- ✓ Do not stop.
- ✓ All running is performed ideally on flat even grass.

Don'ts

- ❖ Push harder than your easy effort, ever.
- ❖ Move more than prescribed.
- ❖ Practice with overzealous partners.
- ❖ Overstride.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type: Walk How: Steadily Time: 30 minutes Effort: Easy	Rest	Type: Walk/Run How: W4.15/R0.45 Time: 30 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Type: Walk How: W4.00/R1.00 Time: 40 minutes Effort: Easy	Type: Walk How: Steadily Time: 20 minutes Effort: Easy
Type: Walk How: Steadily Time: 40 minutes Effort: Easy	Rest	Type: Walk/Run How: W3.00/R2.00 Time: 30 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 30 minutes Effort: Easy	Type: Walk How: W3.30/R1.30 Time: 40 minutes Effort: Easy	Type: Walk How: Steadily Time: 20 minutes Effort: Easy
Type: Walk How: Steadily Time: 30 minutes Effort: Easy	Rest	Type: Walk/Run How: W2.00/R3.00 Time: 30 minutes Effort: Easy	Rest	Type: Walk/Run How: W4.00/R1.00 Time: 20 minutes Effort: Easy	Type: Walk How: W2.00/R3.00 Time: 40 minutes Effort: Easy	Type: Walk How: Steadily Time: 40 minutes Effort: Easy
Type: Walk/Run How: W3.00/R2.00 Time: 40 minutes Effort: Easy	Rest	Type: Walk/Run How: W1.00/R4.00 Time: 30 minutes Effort: Easy	Rest	Type: Walk How: Steadily Time: 20 minutes Effort: Easy	Type: Walk/Run How: W1.00/R4.00 Time: 5km Effort: Easy	Celebrate What's next?