

# Run, Walk, Run

	Day 1	Day 2	Day 3	Mix it up
<b>Week 1</b>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 60 sec walk</li> <li>• 90 sec run</li> <li>• complete for 20 mins</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 60 sec walk</li> <li>• 90 sec run</li> <li>• complete for 20 mins</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 60 sec walk</li> <li>• 90 sec run</li> <li>• complete for 20 mins</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<p>Join 'Finding Your Strength and Fitness' with Lesley Waldron on Thursday at 9.30am or on demand <input type="checkbox"/></p>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 90 sec walk</li> <li>• 2 min run</li> <li>• complete for 20 mins</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 90 sec walk</li> <li>• 2 min run</li> <li>• complete for 20 mins</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 90 sec walk</li> <li>• 2 min run</li> <li>• complete for 20 mins</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<p>Join 'Bring on the Band' with Caroline Kerslake on Wednesday at 11.45am or on demand <input type="checkbox"/></p>
<b>Week 3</b>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 90 sc walk</li> <li>• 90 sec run</li> <li>• 3 min run</li> <li>• 3 min walk</li> <li>• 3 min run</li> <li>• 3 min walk</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 90 sc walk</li> <li>• 90 sec run</li> <li>• 3 min run</li> <li>• 3 min walk</li> <li>• 3 min run</li> <li>• 3 min walk</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 90 sc walk</li> <li>• 90 sec run</li> <li>• 3 min run</li> <li>• 3 min walk</li> <li>• 3 min run</li> <li>• 3 min walk</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<p>Join 'Stress Less Yoga' with Louise Bartlet on Wednesday at 6pm or on demand <input type="checkbox"/></p>
<b>Week 4</b>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 3 min run</li> <li>• 90 sec walk</li> <li>• 5 min run</li> <li>• 2.5 min walk</li> <li>• 3 min run</li> <li>• 90 sec walk</li> <li>• 5 min run</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 3 min run</li> <li>• 90 sec walk</li> <li>• 5 min run</li> <li>• 2.5 min walk</li> <li>• 3 min run</li> <li>• 90 sec walk</li> <li>• 5 min run</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 3 min run</li> <li>• 90 sec walk</li> <li>• 5 min run</li> <li>• 2.5 min walk</li> <li>• 3 min run</li> <li>• 90 sec walk</li> <li>• 5 min run</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<p>Join 'Pilates for You' with Carolyn Atkins on Tuesday at 8am or on demand <input type="checkbox"/></p>
<b>Week 5</b>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 5 min run</li> <li>• 3 min walk</li> <li>• 5 min run</li> <li>• 3 min walk</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 8 min run</li> <li>• 5 min walk</li> <li>• 8 min run</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 5 min run</li> <li>• 3 min walk</li> <li>• 5 min run</li> <li>• 3 min walk</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<p>Join 'Wake Up and Glow' with Bev Welch on Thursday at 8am or on demand <input type="checkbox"/></p>
<b>Week 6</b>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 5 min run</li> <li>• 3 min walk</li> <li>• 5 min run</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 8 min run</li> <li>• 5 min walk</li> <li>• 8 min run</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 5 min run</li> <li>• 3 min walk</li> <li>• 5 min run</li> <li>• 5 min warm down <input type="checkbox"/></li> </ul>	<p>Join Gail Titchener and Nigel Denby on Wednesday at 12.30pm on the Lifestyle Facebook Group <input type="checkbox"/></p>

# Run, Walk, Run

Congratulations on completing the first 6 weeks! You've come so far in such a short space of time. Are you ready for the next 6 weeks?

	Day 1	Day 2	Day 3	Mix it up
<b>Week 7</b>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>8 min run</li> <li>5 min walk</li> <li>8 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>10 min run</li> <li>5 min walk</li> <li>8 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>10 min run</li> <li>5 min walk</li> <li>5 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	Join 'Bring on the Band' with Caroline Kerslake on Thursday at 8am or on demand <input type="checkbox"/>
<b>Week 8</b>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>10 min run</li> <li>5 min walk</li> <li>7 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>15 min run</li> <li>5 min walk</li> <li>3 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>12 min run</li> <li>5 min walk</li> <li>5 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	Join 'Tone Up with Coach Clara' on Monday at 10am or on demand <input type="checkbox"/>
<b>Week 9</b>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>15 min run</li> <li>5 min walk</li> <li>5 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>20 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>10 min run</li> <li>3 min walk</li> <li>10 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	Join 'Pilates for You' with Carolyn Atkins on Tuesday at 8am or on demand <input type="checkbox"/>
<b>Week 10</b>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>20 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>25 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>15 min run</li> <li>5 min walk</li> <li>10 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	Join 'Finding Your Fitness and Strength with Lesley Waldron on Thursday at 9.30am or on demand <input type="checkbox"/>
<b>Week 11</b>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>20 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>28 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>10 min run</li> <li>5 min walk</li> <li>10 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	Join 'Rise and Shine Yoga' with Annie Hayes-Pantony on Monday at 8am or on demand <input type="checkbox"/>
<b>Week 12</b>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>25 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>30 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>5 min warm up</li> <li>30 min run</li> <li>5 min warm down</li> </ul> <input type="checkbox"/>	Join Gail Titchener and Nigel Denby on Wednesday at 12.30pm on the Lifestyle Facebook Group <input type="checkbox"/>