

## Cardio: from walking to running • Advanced level

DAYS/WEEK

3-4

DURATION

30-60 min

INTENSITY

Mixed

**Start here if...** You can run for 20-30 minutes without stopping and without pain.

1

**Easy run**

About 80% of your running should be at a comfortable pace, even if it feels slow.

30-40 min ☐

2

**Intervals**

After a 10-minute warm-up. Hard means you could only say two or three words. **6 × (1 min hard + 2 min easy)** ☐

3

**Strength or active rest**

Combine it with a session from the weights section. Strong legs protect your joints.

— ☐

4

**Long run**

Very easy. Add 5 minutes every two weeks at most.

45-60 min ☐

5

**Goal: 5 km**

A local 5 km race is a good target 3-4 months into this phase.

25-40 min ☐**Target effort: 7/10****To keep progressing**

- Increase your weekly volume by no more than 10%.
- Replace your running shoes every 600-800 km.
- If you have a heart condition or high blood pressure, check with your doctor before adding intervals.

Warm up for 5 minutes before every session. If you have heart disease, uncontrolled high blood pressure, diabetes or a joint replacement, check with your doctor before you start.