

Cardio: from walking to running • Intermediate level

DAYS/WEEK

3 + 2 walks

DURATION

30 min

INTENSITY

Short sentences

Start here if... You can already walk briskly for 30 minutes without any problem.

1	Week 1 Jog as slowly as you need to; speed doesn't matter. Always warm up with 5 minutes of walking.	8 × (1 min jog + 2 min walk) ☐
2	Week 2 If a week feels too hard, repeat it before moving on.	7 × (1.5 min jog + 2 min walk) ☐
3	Week 3 Choose soft surfaces (trails, a running track) to look after your knees and ankles.	6 × (2 min jog + 2 min walk) ☐
4	Week 4 Stand tall and take short, light steps.	5 × (3 min jog + 1.5 min walk) ☐
5	Week 5	4 × (4 min jog + 1.5 min walk) ☐
6	Week 6	3 × (6 min jog + 1.5 min walk) ☐
7	Week 7	2 × (10 min jog + 2 min walk) ☐
8	Week 8 At a pace where you can still say short sentences.	20 min continuous jog ☐

Target effort: 6/10**Ready to move up when...**

- You jog for 20 minutes non-stop three times a week.
- You have no pain in your knees, ankles or shins that lasts more than a day.

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.