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| **Session #** | **Session** | **Running Time** | **Comments** | **Pain**  **(/10)** |
| 1 | 10 x [1 min jog, 1 min walk] | 10 |  |  |
| 2 | 12 x [1 min jog, 1 min walk] | 12 |  |  |
| 3 | 15 x [1 min jog, 1 min walk] | 15 |  |  |
| 4 | 10 x [2min jog, 1 min walk] | 20 |  |  |
| 5 | 8 x [3min jog, 1 min walk] | 24 |  |  |
| 6 | 10 x [3min jog, 1 min walk] | 30 |  |  |
| 7 | 6 x [5min jog, 2 min walk] | 30 |  |  |
| 8 | 7 x [5min jog, 2 min walk] | 35 |  |  |
| 9 | 3 x [10min jog, 3 min walk] | 30 |  |  |
| 10 | 4 x [8min jog, 2 min walk] | 32 |  |  |
| 11 | 5 – 10 – 5 – 10 – 5min jog with 1 min walk between efforts | 35 |  |  |
| 12 | 10 – 9 – 8 – 7 – 6min jog with 2 min walk between efforts | 40 |  |  |
| 13 | 12 – 10 – 10 – 8 min jog with 2 min walk between efforts | 40 |  |  |
| 14 | 15 – 12 – 10 – 8 min jog with 2 min walk between efforts | 45 |  |  |
| 15 | 3 x [15min jog, 2 min walk] | 45 |  |  |
| 16 | 20 – 15 – 10 – 5 min jog with 2 min walk between efforts | 50 |  |  |
| 17 | **30min straight run** | 30 |  |  |
| 18 | 10 x [2min TEMPO, 1min WALK, 2 min EASY, 1 min walk] | 40 |  |  |
| 19 | 10 x [2min TEMPO, 1 min EASY] **continual running** | 30 |  |  |
| 20 | 30 – 15 – 10 min jog with 3 min walk in between efforts | 55 |  |  |
| 21 | 10 min jog warm up and cool down with 8 x [3min TEMPO, 1 min walk] in the middle | 44 |  |  |