**Active Running & Therapy Centre**

**Living Fit**

**Run/Walk4Patrick Spring 2010**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | (Walk 10 minutes)Run 1 minWalk 5 min x3Total 28 minutes | XT30 min | (Walk 10 minutes)Run 1 minWalk 5 min x3Total 28 minutes | XT30 min | (Walk 10 minutes)Run 1 minWalk 5 min x3Total 28 minutes | Rest | Rest |
| 2 | (Walk 10)Run 2Walk 5 x3Total 31minutes |  XT30 min | (Walk 10)Run 2Walk 5 x3Total 31 minutes | XT30 min | (Walk 10)Run 2Walk 5 x3Total 31 minutes | Rest | Rest |
| 3 | (Walk 10)Run 4Walk 5 x3Total 37 minutes |  XT35 min | (Walk 10)Run 4Walk 5 x3Total 37minutes | XT35 min | (Walk 10)Run 4Walk 5X3Total 37minutes | Rest | Rest |
| 4 | (Walk 10)Run 6Walk 5 X3Total 43  minutes | XT35 min | (Walk 10)Run 6Walk 5X3Total 43minutes | XT35 min | (Walk 10)Run 6Walk 5X3Total 43minutes | Rest | Rest |
| 5 | (Walk 10)Run 8Walk 5X3Tota l 49 minutes | XT40 min | (Walk 10)Run 8Walk 5X3Total 49minutes | XT40 min | (Walk 10)Run 8Walk 5X3Total 49minutes | Rest | Rest |
|  6 | (Walk 10)Run 10Walk 3Run 6Walk 3X2Total 54 minutes | XT30 min | (Walk 10)Run 10Walk 3Run 6Walk 3X2Total 54minutes | XT30 min | (Walk 10)Run 10Walk 3Run 6Walk 3X2Total 54minutes | Rest | Rest |