

INTERVAL PROGRAM - I

WEEK 1
5'W + 3x (1'R / 1'W) + 5'W
4x (1'R / 1'W)
5x (1'R / 1'W)
6x (1'R / 1'W)
7x (1'R / 1'W)

WEEK 5
10x (2'R / 1'W)
3x (3'R / 1'W)
4x (3'R / 1'W)
5x (3'R / 1'W)
6x (3'R / 1'W)

WEEK 2
8x (1'R / 1'W)
9x (1'R / 1'W)
10x (1'R / 1'W)
11x (1'R / 1'W)
12x (1'R / 1'W)

WEEK 6
7x (3'R / 1'W)
8x (3'R / 1'W)
2x (4'R / 1'W)
3x (4'R / 1'W)
4x (4'R / 1'W)

WEEK 3
13x (1'R / 1'W)
14x (1'R / 1'W)
15x (1'R / 1'W)
3x (2'R / 1'W)
4x (2'R / 1'W)

WEEK 7
5x (4'R / 1'W)
6x (4'R / 1'W)
1x (9'R / 1'W)
2x (9'R / 1'W)
3x (9'R / 1'W)

WEEK 4
5x (2'R / 1'W)
6x (2'R / 1'W)
7x (2'R / 1'W)
8x (2'R / 1'W)
9x (2'R / 1'W)

WEEK 8
1x (14'R / 1'W)
2x (14'R / 1'W)
1x 20'R
1x 25'R
1x 30'R

W : Regular walk

R : Run, regular jogging speed

- Start and end with a 5 min. walk
- Depending on your symptoms:
 - Go back one workout
 - Repeat the same workout
 - Skip one or two workouts
- Run minimum 4 x/week... and maximum 6 x/week
- Choose a cross-country surface without hills (firm and irregular)
- Use a cross-training activity to complete your training regimen (bike, aqua-jogging)