Week 1 Jogger

Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Day	Workout
Monday:	**Jog/walk for 20mins (jog 3mins walk 1min)**
Tuesday:	**Rest**
Wednesday:	**Jog/walk for 20mins (jog 3mins walk 1min)**
Thursday:	**Rest**
Friday:	**30min Cross Training**
Saturday:	**Jog/walk for 20mins (jog 3mins walk 1min)**
Sunday:	**Rest**

Week 2 Jogger

Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Day	Workout
Monday:	**Jog/walk for 23mins (jog 3mins walk 1min)**
Tuesday:	**Rest**
Wednesday:	**Jog/walk for 23mins (jog 3mins walk 1min)**
Thursday:	**Rest**
Friday:	**30min Cross Training**
Saturday:	**Jog/walk for 23mins (jog 3mins walk 1min)**
Sunday:	**Rest**

Week 3 Jogger

Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Day	Workout
Monday:	**Jog/walk for 25mins (jog 4mins walk 1min)**
Tuesday:	**Rest**
Wednesday:	**Jog/walk for 25mins (jog 4mins walk 1min)**
Thursday:	**Rest**
Friday:	**30min Cross Training**
Saturday:	**Jog/walk for 25mins (jog 4mins walk 1min)**
Sunday:	**Rest**

Week 4 Jogger

Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Day	Activity
Monday:	**Jog/walk for 24mins (jog 5mins walk 1min)**
Tuesday:	**Rest**
Wednesday:	**Jog/walk for 24mins (jog 5mins walk 1min)**
Thursday:	**Rest**
Friday:	**30min Cross Training**
Saturday:	**Jog/walk for 24mins (jog 5mins walk 1min)**
Sunday:	**Rest**

Week 5 Jogger

Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Monday:	**Jog/walk for 30mins (jog 5mins walk 1min)**
Tuesday:	**Rest**
Wednesday:	**Jog/walk for 30mins (jog 5mins walk 1min)**
Thursday:	**Rest**
Friday:	**40min Cross Training**
Saturday:	**Jog/walk for 30mins (jog 5mins walk 1min)**
Sunday:	**Rest**

Week 6 Jogger

Western People
West of Ireland
Women's
Mini Marathon

Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Monday:	**Jog/walk for 36mins (jog 5mins walk 1min)**
Tuesday:	**Rest**
Wednesday:	**Jog/walk for 36mins (jog 5mins walk 1min)**
Thursday:	**Rest**
Friday:	**40min Cross Training**
Saturday:	**Jog/walk for 40mins (jog 7mins walk 1min)**
Sunday:	**Rest**

Week 7 Jogger

Notes

- Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

- Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

- Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Day	Workout
Monday:	Jog/walk for 40mins (jog 7mins walk 1min)
Tuesday:	Rest
Wednesday:	Jog/walk for 40mins (jog 7mins walk 1min)
Thursday:	Rest
Friday:	45min Cross Training
Saturday:	Jog/walk for 40mins (jog 7mins walk 1min)
Sunday:	Rest

Week 8 Jogger

Notes

•Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.

•Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.

•Cross training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.

Monday:	Jog/walk for 45mins (jog 14mins walk 1min)
Tuesday:	Rest
Wednesday:	Jog/walk for 45mins (jog 14mins walk 1min)
Thursday:	Rest
Friday:	Jog/walk for 30mins (jog 14mins walk 1min)
Saturday:	Jog/walk for 50mins (jog 9mins walk 1min)
Sunday:	Rest