

# Running Challenge

**Warm Up: Five minute brisk walk or slow jog**

- **3 Minute Jog (sustainable pace)**
- **2 Minute Run (uncomfortable pace)**
- **30 Seconds Sprint (all out pace)**
- **2 Minute Jog (sustainable pace)**
- **30 Seconds Walk (recovery pace)**

**Cool Down: Five minute slow walk**

**\*Beginner: 2x through  
(16 min total)**

**\*Intermediate: 4x through  
(32 min total)**

**\*Advanced: 6x through  
(48 min total)**



**B A S I N**  
**R E C R E A T I O N**