

5 KILOMETERS ALTERNATING MONTH 1



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



Walk 10 minutes

3X (1' run / 3' walk)

Walk 5 minutes



REST



Walk 10 minutes

4X (1' run / 3' walk)

Walk 5 minutes



REST



Walk 5 minutes

5X (1' run / 3' walk)

Walk 5 minutes



Walk 5 minutes

6X (1' run / 3' walk)

Strengthening



REST

WEEK 2



Walk 15 minutes

3X (1' run / 2' walk)

Walk 5 minutes



REST



Walk 10 minutes

4X (1' run / 2' walk)

Walk 5 minutes



REST



Walk 10 minutes

5X (1' run / 2' walk)

Walk 5 minutes



Walk 10 minutes

6X (1' run / 2' walk)

Strengthening



REST

WEEK 3



Walk 15 minutes

7X (1' run / 2' walk)

Walk 5 minutes



REST



Walk 10 minutes

8X (1' run / 2' walk)

Walk 5 minutes



REST



Walk 10 minutes

9X (1' run / 2' walk)

Walk 5 minutes



Walk 10 minutes

10X (1' run / 2' walk)

Strengthening



REST

WEEK 4



Walk 10 minutes

3X (1' run / 1' walk)

Walk 10 minutes



REST



Walk 10 minutes

4X (1' run / 1' walk)

Walk 10 minutes



REST



Walk 10 minutes

5X (1' run / 1' walk)

Walk 10 minutes



Walk 10 minutes

6X (1' run / 1' walk)

Strengthening



REST

6 x (1' fast running / 1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down

5 KILOMETERS ALTERNATING MONTH 2



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



Walk 10 minutes

7X (1' run / 1' walk)

Walk 5 minutes



REST



Walk 10 minutes

8X (1' run / 1' walk)

Walk 5 minutes



REST



Walk 5 minutes

9X (1' run / 1' walk)

Walk 5 minutes



Walk 5 minutes

10X (1' run / 1' walk)

Strengthening



REST

WEEK 2



Walk 15 minutes

11X (1' run / 1' walk)

Walk 5 minutes



REST



Walk 10 minutes

12X (1' run / 1' walk)

Walk 5 minutes



REST



Walk 10 minutes

13X (1' run / 1' walk)

Walk 5 minutes



Walk 10 minutes

14X (1' run / 1' walk)

Strengthening



REST

WEEK 3



Walk 15 minutes

15X (1' run / 1' walk)

Walk 5 minutes



REST



Walk 10 minutes

3X (2' run / 1' walk)

Walk 5 minutes



REST



Walk 10 minutes

4X (2' run / 1' walk)

Walk 5 minutes



Walk 10 minutes

15X (2' run / 1' walk)

Strengthening



REST

WEEK 4



Walk 10 minutes

6X (2' run / 1' walk)

Walk 10 minutes



REST



Walk 10 minutes

7X (2' run / 1' walk)

Walk 10 minutes



REST



Walk 10 minutes

8X (2' run / 1' walk)

Walk 10 minutes



Walk 10 minutes

9X (2' run / 1' walk)

Strengthening



REST

6 x (1' fast running / 1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down

5 KILOMETERS ALTERNATING MONTH 3



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



Walk 10 minutes
10X (2' run / 1' walk)
Walk 5 minutes



REST



Walk 10 minutes
3X (3' run / 1' walk)
Walk 5 minutes



REST



Walk 5 minutes
9X (1' run / 1' walk)
Walk 5 minutes



Walk 5 minutes
10X (1' run / 1' walk)
Strengthening



REST

WEEK 2



Walk 15 minutes
6X (3' run / 1' walk)
Walk 5 minutes



REST



Walk 10 minutes
7X (3' run / 1' walk)
Walk 5 minutes



REST



Walk 10 minutes
8X (3' run / 1' walk)
Walk 5 minutes



Walk 10 minutes
2X (4' run / 1' walk)
Strengthening



REST

WEEK 3



Walk 15 minutes
3X (4' run / 1' walk)
Walk 5 minutes



REST



Walk 10 minutes
4X (4' run / 1' walk)
Walk 5 minutes



REST



Walk 10 minutes
5X (4' run / 1' walk)
Walk 5 minutes



Walk 10 minutes
6X (4' run / 1' walk)
Strengthening



REST

WEEK 4



Walk 10 minutes
3X (5' run / 1' walk)
Walk 10 minutes



REST



Walk 10 minutes
4X (5' run / 1' walk)
Walk 10 minutes



REST



Walk 10 minutes
6X (5' run / 1' walk)
Walk 10 minutes



REST



6X (5' run / 1' walk)

6 x (1' fast running/1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down