WEEK WORKOUT 1 WO	DRKOUT 2	WORKOUT 3	STRENGTH WORKOUT
alternate between 30- seconds of alternate between	en 30-seconds of slow minutes of walking for	Walk briskly for 5-minutes. Then alternate between 30-seconds of slow running and 2-minutes of walking for a total of 20-minutes.	Simple Strength Routine for Runners. Perform 2 sets.
alternate between 60-seconds of slow alternate between	en 60-seconds of slow and sinutes of walking for	running and 2-minutes of walking for	Simple Strength Routine for Runners. Perform 2 sets.
alternate between 1-minute of slow alternate between	en 1-minute of slow minutes of walking for	Walk briskly for 5-minutes. Then alternate between 1-minute of slow running and 2-minutes of walking for a total of 25-minutes.	Simple Strength Routine for Runners. Perform 2 sets.
alternate between 90-seconds of slow alternate between	en 90-seconds of slow minutes of walking for	running and 2-minutes of walking for	Simple Strength Routine for Runners. Perform 2 sets.
alternate between 90-seconds of slow alternate between	en 90-seconds of slow minute of walking for a	Walk briskly for 5-minutes. Then alternate between 90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	IT Band Routine
alternate between 90-seconds of slow alternate between	en 90-seconds of slow minute of walking for a	Walk briskly for 5-minutes. Then alternate between 90-seconds of slow running and 1-minute of walking for a total of 25-minutes.	IT Band Routine
alternate between 2-minutes of slow alternate between	en 2-minutes of slow -seconds of walking	Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	IT Band Routine
alternate between 2-minutes of slow alternate between	en 2-minutes of slow -seconds of walking	Walk briskly for 5-minutes. Then alternate between 2-minutes of slow running and 30-seconds of walking for a total of 25-minutes.	7-Minute Strength Workout for Runners
alternate between 5-minutes of slow alternate between	en 5-minutes of slow minutes of walking for	Walk briskly for 5-minutes. Then alternate between 5-minutes of slow running and 2-minutes of walking for a total of 25-minutes.	7-Minute Strength Workout for Runners
10 Walk briskly for 5-minutes. Then run slowly for 20-minutes. Walk briskly for slowly for 20-minutes.			7-Minute Strength Workout for Runners
11 Walk briskly for 5-minutes. Then run slowly for 22-minutes. Walk briskly for slowly for 22-m		Walk briskly for 5-minutes. Then run slowly for 22-minutes.	7-Minute Strength Workout for Runners
Walk briskly for 5-minutes. Then run slowly for 25-minutes. Walk briskly for 25-minutes.			7-Minute Strength Workout for Runners