

MAINTAIN RUNWALK – COMBINING LEARNTORUN & RUN10K

Combining our two Run/Walk interval programs to bridge the gap between the two groups and bring them together for the ultimate experience. This is best suited for people who wish to have a run and a walk interval.

Please note that as this is a pilot project, our mentors have been given the freedom to make alterations based on the participant's needs. If a run feels like it might be too much feel free to contact your mentor for suggestions, or email communications@sportmedbc.com for advice.

****Week 1:****

Session 1 – 38 mins

Warm-up: 5 minutes of brisk walking.

Run 5 min Walk 2 min

Do this 4 times

Cool Down: 5 minutes of gentle walking.

(option to change to Run 4 Walk 1)

Session 2 – 45 mins

Warm-up: 5 minutes of brisk walking.

Run 6 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 3 - 34 mins

Warm-up: 5 minutes of brisk walking.

Run 5 min Walk 1 min

Do this 4 times

Cool Down: 5 minutes of gentle walking.

****Week 2:****

Session 1 - 45 mins

Warm-up: 5 minutes of brisk walking.

Run 6 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 2 – 50 mins

Warm-up: 5 minutes of brisk walking.

Run 7 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 3 - 45 mins

Warm-up: 5 minutes of brisk walking.

Run 6 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

****Week 3:****

Session 1 – 55 mins

Warm-up: 5 minutes of brisk walking.

Run 8 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 2 – 60 mins

Warm-up: 5 minutes of brisk walking.

Run 9 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 3 – 50 mins

Warm-up: 5 minutes of brisk walking.

Run 7 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

****Week 4:****

Session 1 – 60 mins

Warm-up: 5 minutes of brisk walking.

Run 9 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 2 – 60 mins

Warm-up: 5 minutes of brisk walking.

Run 8 min Walk 2 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 3 – 42 mins

Warm-up: 5 minutes of brisk walking.

Run 7 min Walk 1 min

Do this 4 times

Cool Down: 5 minutes of gentle walking.

****Week 5:****

Session 1 – 50 minutes

Warm-up: 5 minutes of brisk walking.

Run: 10 minutes

Walk: 1 minute

Run: 8 minutes

Walk: 1 minute

Do this 2x

Cool Down: 5 minutes of gentle walking.

Session 2 – 50 mins

Warm-up: 5 minutes of brisk walking.

Run: 8 minutes

Walk: 1 minute

Run: 10 minutes

Walk: 1 minute

Do this 2 times

Cool Down: 5 minutes of gentle walking.

Session 3 – 46 mins

Warm-up: 5 minutes of brisk walking.

Run: 6 minutes

Walk: 1 minute

Run: 10 minutes

Walk: 1 minute

Do this 2 times

Cool Down: 5 minutes of gentle walking.

****Week 6:****

Session 1 – 65 mins

Warm-up: 5 minutes of brisk walking.

Run 10 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 2 – 65 mins

Warm-up: 5 minutes of brisk walking.

Run 10 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Session 3 – 65 mins

Warm-up: 5 minutes of brisk walking.

Run 10 min Walk 1 min

Do this 5 times

Cool Down: 5 minutes of gentle walking.

Ensure to listen to your body throughout the maintenance plan and adjust the intensity or duration as needed. Hydration, proper nutrition, and recovery techniques such as foam rolling and stretching should also be incorporated to support your training. Additionally, consult with a healthcare professional before starting any new exercise regimen, especially if you have any underlying health conditions.