

# Run 2K

Start each run with 2-3 min brisk walk to warm up and end with 2 min slow walk to cool down



Day 1 60 secs run, 90 secs walk x 4	Day 2	Day 3 90 secs run, 60 secs walk x 4	Day 4	Day 5 90 secs run, 60 secs walk x 4	Day 6	Day 7
Day 8 90 sec run, 90 sec walk, 2 ½ min run. 2 ½ min walk, 90 sec run, 90 sec walk	Day 9	Day 10 90 sec run, 90 sec walk, 2 ½ min run. 2 ½ min walk, 90 sec run, 90 sec walk	Day 11	Day 12	Day 13 2 min run, 1 min walk, 4 min run, 2 min walk, 2 min run, 4 min walk	Day 14
Day 15 2 min run, 1 min walk, 4 min run, 2 min walk, 2 min run, 4 min walk	Day 16	Day 17	Day 18 5 min run, 1 min walk x 2	Day 19	Day 20 7 min run, 2 min walk, 4 min run	Day 21
Day 22 	Day 23 Run 2K or run 12-15 mins	Well Done on completing your 2K! Can you keep up running as a new hobby?			Try the couch to 5k app for your next running challenge	

