

## **Walk to Run - 10 week timetable.**

**Week 1.** Start on TPT by skate park. Heading towards Dunford Bridge. Start with a 500m brisk walk (should be slightly out of breath) then alternate 100m jog with 100m brisk walk to 1 kilometre mark. Turn round and do alternate 100m brisk walk with 100m jog back to skate park. Turn round and alternate 100m brisk walk with 100m jog to 500m mark, turn round and alternate 100m jog with 100m brisk walk. Total distance 3km. Should be breathing hard by now and heart rate up.

### **Before next session**

**Minimum** Two 30 minute walks at a reasonable pace.

**Maximum** Repeat session

**Week 2.** Start on TPT by skate park. Heading towards Dunford Bridge. Start with a 500m brisk walk (should be slightly out of breath) then alternate 200m jog with 100m brisk walk to 1 kilometre mark. Turn round and alternate 100m brisk walk with 200m jog back to skate park. Turn round and alternate 200m jog with 100m brisk walk to 600m mark, turn round and alternate 200m jog with 100m brisk walk back to start. Total distance 3.2 km. Should be breathing hard by now and heart rate up.

### **Before next session**

**Minimum** Two 30 minute walks at a reasonable pace.

**Maximum** Repeat session

**Week 3.** Start on TPT by skate park. Heading towards Dunford Bridge. Start with a 500m brisk walk (should be slightly out of breath) then do 300m jog with 200m brisk walk to 1 kilometre mark. Turn round and alternate 300m jog with 200m brisk walk back to skate park. Turn round and alternate 300m jog with 200m brisk walk to 1km mark. Turn round and alternate 300m

jog with 200m brisk walk back to start. Total distance 4 km. Should be breathing hard by now and heart rate up.

### **Before next session**

**Minimum** One 30 minute walk and one 45 minute walk at a reasonable pace.

**Maximum** Repeat session

**Week 4.** Start on TPT by skate park. Heading towards Dunford Bridge. Start with a 500m brisk walk (should be slightly out of breath) then do 400m jog with 100m brisk walk to 1 kilometre mark. Turn round and do alternate 300m jog with 200m brisk walk to skate park. Turn round and alternate 400m jog with 100m brisk walk to 1km mark, turn round and alternate 300m jog with 200m brisk walk back to start. Total distance 4 km. Should be breathing hard by now and heart rate up.

### **Before next session**

**Minimum** One 30 minute walk and one 45 minute walk at a reasonable pace.

**Maximum** Repeat session

**Week 5.** Start on TPT by skate park. Heading towards Dunford Bridge. Start with a 500m brisk walk (should be slightly out of breath) then do 500m jog 1 kilometre mark. Turn round and do a 'pyramid session' 100m brisk walk, 100m jog, 100m brisk walk, 200m jog, 100m brisk walk, 300m jog, 100m brisk walk. This takes you back to the skate park. Turn round and do 400m jog, 100m brisk walk, 500m jog. This takes you to the 1km mark. Turn round and 'Reverse the pyramid'. Do 100 m brisk walk, 400m jog, 100m brisk walk, 300m jog, 100m brisk walk. This takes you back to the 1km mark. Turn round and do 200m jog, 100m brisk walk, 100m jog. This takes you back to the

400m mark. Catch your breath for a moment and then run/jog as fast as you can back to the skate park. Total distance 4.8km.

### **Before next session**

**Minimum** Two 45 minute walks at a reasonable pace.

**Maximum** Repeat session

**Week 6.** Very similar to week 5. Start on TPT by skate park. Heading towards Dunford Bridge. Start with a 500m brisk walk (should be slightly out of breath) then do 500m jog 1 kilometre mark. Turn round and do a 'pyramid session' 100m brisk walk, 100m jog, 100m brisk walk, 200m jog, 100m brisk walk, 300m jog, 100m brisk walk. This takes you back to the skate park. Turn round and do 400m jog, 100m brisk walk, 500m jog. This takes you to the 1km mark. Turn round and 'Reverse the pyramid'. Do 100 m brisk walk, 400m jog, 100m brisk walk, 300m jog, 100m brisk walk. This takes you back to the 1km mark. Turn round and do 200m jog, 100m brisk walk, **200m jog**. This takes you back to the **500m** mark. Catch your breath for a moment and then run/jog as fast as you can back to the skate park. Total distance 5km.

### **Before next session**

**Minimum** Two 45 minute walks at a reasonable pace.

**Maximum** Repeat session

**Week 7.** Time to get serious. Start on TPT by skate park. Heading towards Dunford Bridge. This will be a timed run, but you are only competing against yourself. So in your own time, jog/walk to the 1.5km mark (just beyond the track with the train rails). Turn around jog/walk back to start. Turn around jog walk

to 1km mark. turn around jog/walk back to start. Record your time. Total distance 5k. (Organisers need to start everyone at same time and record times as they finish).

**Before next session**

**Minimum** Two 45 minute walks at a reasonable pace.

**Maximum** Repeat session

**Week 8.** Similar to week 7. Start on TPT by skate park. Heading towards Dunford Bridge. This will be a timed run, but you are only competing against yourself. So in your own time, jog/walk to the 2km mark (just before the white cottage). Turn around jog/walk back to start. Turn around jog walk to 0.5km mark. Turn round and run as hard as you can for the 500m back to the start. Record your time. Hopefully it will be quicker than last week. Total distance 5k. (Organisers need to start everyone at same time and record times as they finish)

**Before next session**

**Minimum** One 60 minute walk at a reasonable pace.

**Maximum** Repeat session

**Week 9.** Start on TPT by skate park. Heading towards Dunford Bridge. This will be a timed run, but you are only competing against yourself. So in your own time, jog/walk to the 2.5km mark (a few hundred metres past the white cottage) Turn round and jog/walk back to start. Record your time. Hopefully it will be quicker than last week. Total distance 5k. (Organisers need to start everyone at same time and record times as they finish).

**Before next session**

**Minimum** Two 60 minute walks at a reasonable pace.

**Maximum** Repeat session

**Week 10.** Same as week 9. Start on TPT by skate park. Heading towards Dunford Bridge. This will be a timed run, but you are only competing against yourself. So in your own time, jog/walk to the 2.5km mark (a few hundred metres past the white cottage) Turn round and jog/walk back to start. Record your time. Hopefully it will be quicker than last week. Total distance 5k. (Organisers need to start everyone at same time and record times as they finish).

Alternative is to do the parkrun course but depends on weather and state of the field.

**After this session.** Penistone parkrun on Saturday morning.