

LEARN TO RUN 2!

KEEP SCOTLAND ACTIVE WITH

jogscotland 
#jogscotlandActive



TARGET: JOG CONTINUOUSLY FOR 30 MINS

This programme follows on from the initial jogscotland Learn to Run programme – you should be able to jog continuously for 15 minutes before you start this one. Repeat each session three times each week, with at least one day off in between. Mobility warm-up and stretch cool down videos with jog leader Lyn Bow are available on YouTube – [click here](#) or visit www.youtube.com/scottishathletics!

Week 1

5 min walk & mobility warm up
5 x 3 min jog (2 min walk between each jog)
5 min walk & stretch cool down

Week 2

5 min walk & mobility warm up
5 x 4 min jog (2 min walk between)
5 min walk & stretch cool down

Week 3

5 min walk & mobility warm up
4 x 5 min jog (3 min walk between)
5 min walk & stretch cool down

Week 4

5 min walk & mobility warm up
4 x 6 min jog (3 min walk between)
5 min walk & stretch cool down

Week 5

5 min walk & mobility warm up
1 x 6 min jog }
2 x 8 min jog } 3 min walk
1 x 6 min jog } in between
5 min walk & stretch cool down

Week 6

5 min walk & mobility warm up
4 x 8 min jog (3 min walk between)
5 min walk & stretch cool down

Week 7

5 min walk & mobility warm up
3 x 10 min jog (3 min walk between)
5 min walk & stretch cool down

Week 8

5 min walk & mobility warm up
2 x 15 min jog (3 min walk between)
5 min walk & stretch cool down

Week 9

5 min walk & mobility warm up
1 x 10 min jog }
1 x 20 min jog } 3 min walk
5 min walk & stretch cool down } in between

Week 10

5 min walk & mobility warm up
30 min continuous jog
5 min walk & stretch cool down