



Week	Dates	Activity
1	5th, 8th and 10th September	Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.
2	12th, 15th and 17th September	Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.
3	19th, 22nd and 24th September	Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking.
4	26th, 29th September, 1st October	Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.
5	3rd October	Begin with brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running.
	6th October	Begin with a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.
	8th October	Begin with a brisk five-minute walk, then 20 minutes of running, with no walking.
6	10th October	Begin with a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.
	13th October	Begin with a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.
	15th October	Begin with a brisk five-minute walk, then 25 minutes of running with no walking.
7	17th, 20th and 22nd October	Begin with a brisk five-minute walk, then 25 minutes running.
8	27th, 27th and 29th October	Begin with a brisk five-minute walk, then 28 minutes of running.
9	31st October and 3rd November	Begin with a brisk five-minute walk, then 32 minutes of running.
Finish	7th November	Parkrun - Canons Park

Sessions: Saturday - 09:00 at Roxbourne Park; Tuesday - 19:40 at Lowlands Tennis Club; Thursday - 19:30 at Morrisons in Hatch End