

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Walk / Jog	Walk / Jog	Rest	Walk / Jog	Walk / Jog	Walk	Walk / Jog
		Walk/jog for 10 minutes, taking walking breaks as needed	Walk/jog for 10 minutes, taking walking breaks as needed		Walk/jog for 15 minutes, taking walking breaks as needed	Walk/jog for 15 minutes, taking walking breaks as needed	Walk 15 minutes	Walk/jog for 15 minutes, taking walking breaks as needed
2		Walk / Jog	Walk	Jog	Rest	Jog	Walk	Jog
		Jog for 5 minutes without stopping, walk for 2 minutes, jog for 5 minutes without stopping, walk for 2 minutes	Walk 30 minutes	Jog for 10 minutes without stopping		Jog for 15 minutes without stopping	Walk 30 minutes	Jog for 20 minutes without stopping
3		Walk /Jog/Run	Rest	Jog/Run	Walk	Jog	Rest	Walk /Jog/Run
		-Walk 5 minutes -Jog 5 minutes -Run 1 minute Repeat 3 times		Jog 20 minutes without stopping with 3 x 30- secs of faster running in the middle of your jog	Walk 40 minutes	Jog for 25 minutes without stopping		-Walk 1 minute -Jog 3 minutes -Run 1 minute Repeat 6 times
4		Jog/Run	Rest	Walk /Jog/Run	Walk	Run	Rest	Jog
		Jog 25 minutes without stopping with 3 x 60- secs of faster running in the middle of your jog		-Walk 1 minute -Jog 3 minutes -Run 3 minute Repeat 4 times	Walk 45 minutes	Run for 10 minutes without stopping		Jog for 30 minutes without stopping

# Walk Jog

**SA Dillow**



**Walk Jog:**

## Walk Jog Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Walk Jog**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

<https://ftp.thebrandexperience.com/results/scholarship/default.aspx/Victims%20Of%20Circumstance.pdf>

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