

LEARN TO RUN!

KEEP SCOTLAND ACTIVE WITH

jogscotland 
#jogscotlandActive



TARGET: JOG CONTINUOUSLY FOR 15 MINS

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
Jog for 30 secs, walk for 30 secs
- repeat 10 times.
5 min walk & stretch cool down

Week 2

5 min walk & mobility warm up
Jog for 1 min, walk for 1 min -
repeat 8 times
5 min walk & stretch cool down

Week 3

5 min walk & mobility warm up
Jog for 2 mins, walk for 2 mins -
repeat 5 times
5 min walk & stretch cool down

Week 4

5 min walk & mobility warm up
Jog for 3 mins, walk for 2 mins -
repeat 4 times
5 min walk & stretch cool down

Week 5

5 min walk & mobility warm up
Jog for 4 mins, walk for 3 mins -
repeat 3 times
5 min walk & stretch cool down

Week 6

5 min walk & mobility warm up
Jog for 5 mins, walk for 3 mins -
repeat 3 times
5 min walk & stretch cool down

Week 7

5 min walk & mobility warm up
Jog for 6 mins, walk for 3 mins -
repeat 3 times
5 min walk & stretch cool down

Week 8

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

Week 9

5 min walk & mobility warm up
1 x 5 min jog } 2 min walk
1 x 10 min jog } in between
1 x 5 min jog }
5 min walk & stretch cool down

Week 10

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