

RUN TO HEAL BEGINNERS TRAINING PROGRAMME

WB 27TH SEPT	MON - GYM	TUES - GYM	WED - RUN	THUR - GYM	FRI - GYM	SAT - REST	SUN - RUN
OPTION 1	BODY BALANCE	BODY PUMP	15-20 MINS WALK/RUN	BODY BALANCE	RPM	REST	15-20 MINS WALK/RUN
OPTION 2	REST	BODY COMBAT					
OPTION 3		BODY STEP					
WB 4TH OCT	MON - GYM	TUES - GYM	WED - RUN	THUR - GYM	FRI - GYM	SAT - REST	SUN - RUN
OPTION 1	BODY BALANCE	BODY PUMP	20-25 MINS FLAT WALK/RUN	BODY BALANCE	RPM	REST	20-25 MINS HILL WALK/RUN
OPTION 2	REST	BODY COMBAT					
OPTION 3		BODY STEP					
WB 11TH OCT	MON - GYM	TUES - GYM	WED - RUN	THUR - GYM	FRI - GYM	SAT - REST	SUN - RUN
OPTION 1	BODY BALANCE	BODY PUMP	25-30 MINS FLAT WALK/RUN	BODY BALANCE	RPM	REST	25-30 MINS HILL WALK/RUN
OPTION 2	REST	BODY COMBAT					
OPTION 3		BODY STEP					
WB 18TH OCT	MON - GYM	TUES - GYM	WED - RUN	THUR - GYM	FRI - GYM	SAT - REST	SUN - RUN
OPTION 1	BODY BALANCE	BODY PUMP	20-25 MINS FLAT WALK/RUN	BODY BALANCE	RPM	REST	20-25 MINS HILL WALK/RUN
OPTION 2	REST	BODY COMBAT					
OPTION 3		BODY STEP					
WB 25TH OCT	MON - GYM	TUES - GYM	WED - RUN	THUR - GYM	FRI - GYM	SAT - REST	SUN - RUN
OPTION 1	BODY BALANCE	BODY PUMP	30-40 MINS FLAT WALK/RUN	BODY BALANCE	RPM	REST	30-40 MINS HILL WALK/RUN
OPTION 2	REST	BODY COMBAT					
OPTION 3		BODY STEP					
WB 1ST NOV	MON - GYM	TUES - GYM	WED - RUN	THUR - GYM	FRI - GYM	SAT - REST	SUN - RUN
OPTION 1	BODY BALANCE	BODY PUMP	30-40 MINS FLAT WALK/RUN	BODY BALANCE	RPM	REST	RACE 5/10 KM WALK/RUN
OPTION 2	REST	BODY COMBAT					
OPTION 3		BODY STEP					

NOTES

PLEASE TRY TO KEEP YOUR WATER INTAKE UP WHILE CARRYING OUT THIS PROGRAMME. WE RECOMMEND YOU CARRY A WATER BOTTLE WITH YOU WHILE TRAINING

HILLS THERE IS A HILL OPTION GIVEN IN SOME OF THE WALK/RUN TRAINING. IF YOU HAVE HILLS ACCESSIBLE TO YOU OR FEEL UP TO IT THIS IS A GREAT WAY TO INCREASE THE INTENSITY OF YOUR TRAINING

PROGRAMME DESIGNED BY MARK SCHMACK - BODYTRAINER LES MILLS TAKAPUNA