

# Week 2

This week will see us start to reduce the walking periods. We're not yet at a point that we increase the run, but we are starting to tell the body to be ready because there is more to come. Your walking recovery periods should be brisk and quick.


**Watch Outs:** If you cannot breathe, you cannot operate. You need to be able to have a somewhat normal conversation while running. If you are gasping or talking in broken sentences...your pace is too high. There is a time and place for this intensity but it is not right now.

**Day 1** - Walk 3 mins Run1 - repeat 5 times or 20 minutes

**Day 2** - Walk 2 minutes - Run 1 minute - repeat 7 times or 20-30 minutes

**Day 3** - Walk 2 minutes - Run 1 minute - repeat 7 times or 20-30 minutes

**Day 4** - optional day - no running, but a nice 30-40 walk on the weekend.



**I CAN**  
*and*  
**I WILL.**