

# Week 4

## Something to think about

*"...Done well, running makes us happy and fit...and if done thoughtfully and presently, running reconnects us both to one of our greatest fundamental physical capacities and to the earth. We are ultimately rewarded with joy.*

*I say don't obsess about distance and speed alone...rather seek out that sweet spot of joy in running and let that be your guide. In the end, joy is a great teacher...of both your mind and body..."*

*"Barefoot" Ted MacDonald <http://www.barefooted.com>*

**Watch Outs:** You may be tempted to start running outside of class, this is great. However, please keep in mind that it is never recommended for anyone to increase their weekly mileage by anymore than 10%. By doing so, you will run the risk of injury.

**Day 1** - Run 3KMS using the walk-run principle - Record your time and how you feel in a journal! ( At a 10:00 min walk pace - this is only 30minutes )

**Day 2** - Walk 2 mins, Run 3 mins - Total 5 times

**Day 3** - Walk 2 mins, Run 3 mins - Total 6 times

**Optional day** - Brisk walk with some jogs thrown in to break it up.