

INTERVAL WALK/RUN

WORKOUT INTERMEDIATE

If you do regular physical activity, but are looking to move harder, then this is a great program for you.

This guide will help to boost the intensity of your workout – which will increase your heart rate and improve your fitness. Let's get started!



What do you need?

- A timer



5 minute warm-up

During the warm-up, start with an easy walking pace and gradually work your way up to a moderate walking pace (a pace where you can maintain a conversation comfortably, but you're unable to sing any more than a few words without running out of breath).



30 second jog

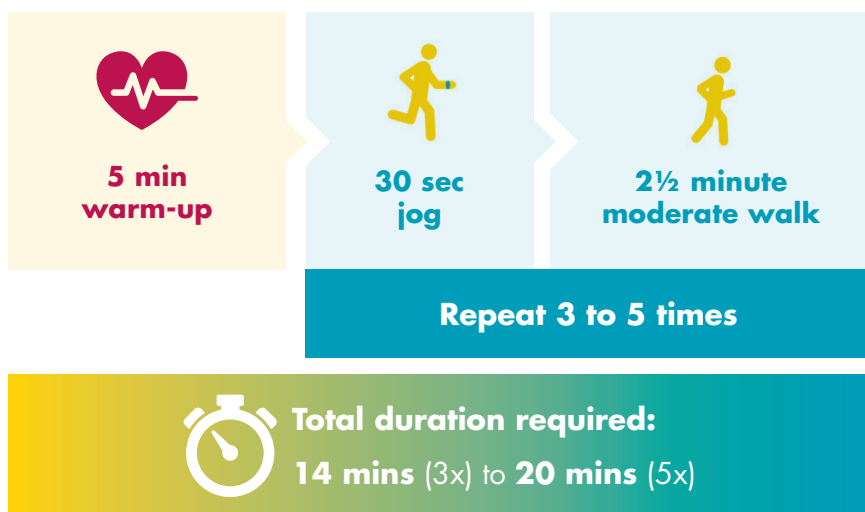
This is your first interval burst! Change into a jog/run that you can maintain for 30 seconds. You should feel your heart beating faster and your breathing getting deeper.



2½ minute moderate walk (recovery)

Continue with a moderate walking pace (a pace where you can maintain a conversation comfortably, but you're unable to sing any more than a few words without running out of breath).

Interval Walk/Run Workout – at a glance



Tips

- Start with 3 repeats, working up to 5 times or more. This will take you to a 14 or 20 minute work out in total.
- If this interval program starts to get easy, lengthen the jog time, or shorten the recovery time.

Partner:



Government of Western Australia
Department of Health

