

WILD WOMEN FITNESS

RUNNING WILD

WEEK ONE

DAY ONE

STARTER SESSION

RUN 1 MINUTE ON 1 MINUTE OFF FOR 15 MINUTES

IF ON A TREADMILL, SET THE RUN SPEED TO THE SAME SPEED FOR EACH RUN SECTION.

NOTE DOWN THE SPEED YOU CHOSE + TOTAL DISTANCE.

DAY TWO

RUN FOR 4 MINUTES AT A MODERATE PACE, RECOVERY WALK FOR 1 MINUTE

RUN FOR 4 MINUTES AT A MODERATE PACE, RECOVERY WALK FOR 45S

RUN FOR 4 MINUTES AT A MODERATE PACE, RECOVERY WALK FOR 30S

RUN FOR 4 MINUTES AT A MODERATE PACE.

IF ON A TREADMILL, KEEP THE SPEED THE SAME EACH RUN. RECORD TOTAL DISTANCE.

DAY THREE

INTERVALS

10S ON 20S OFF FOR 5 ROUNDS

REST 2 MINUTES

20S ON 10S OFF FOR 5 ROUNDS

IF ON A TREADMILL KEEP THE SPEED THE SAME FOR EACH ROUND ON RUN SECTIONS. USE A HIGHER SPEED FOR THE 10S ON SECTIONS, REDUCE SPEED FOR THE 20S ON SECTIONS.

WEEK TWO

DAY ONE

10 MINUTE RUN MODERATE PACE

IF ON A TREADMILL, SET THE SPEED AT THE SAME AS WEEK 1 DAY 1 RUN SPEED

NOTE DOWN TOTAL DISTANCE RUN

DAY TWO

RUN 2 MINUTES AT AROUND 70% SPEED

RECOVERY WALK 1 MINUTE

RUN 2 MINUTES THE SAME SPEED AS ABOVE

RECOVERY WALK 1 MINUTE

RUN 2 MINUTES SAME SPEED

RECOVERY WALK 1 MINUTE

RUN 2 MINUTES.

NOTE DOWN TOTAL DISTANCE

DAY THREE

8 ROUNDS

20S ON 40S OFF

INTO

4 MINUTES RUN AT SAME SPEED

NOTE SPEED USED IF ON TREADMILL

WILD WOMEN FITNESS

RUNNING WILD

WEEK THREE

DAY ONE

0-2 MINUTES ON 0 INCLINE

2 MINS - 4 MINS UP INCLINE TO 1.5

4-6 MINS INCLINE TO 0

6-8 MINS INCLINE TO 3

8-10 MINS INCLINE BACK TO 0

MAINTAIN SAME SPEED THROUGHOUT - NOTE DISTANCE RAN

DAY TWO

RUN FOR 8 MINUTES, BREATHING ONLY THROUGH THE NOSE, IF YOU NEED TO BREATHE THROUGH YOUR MOUTH, SLOW DOWN UNTIL YOU ARE BACK TO NOSE BREATHING. THIS MAY FEEL SLOW BUT WE ARE TRAINING THE BODY.

DAY ONE

5 ROUNDS

30S ON 30S OFF

REST 2 MINUTES INTO

5 ROUNDS

40S ON 20S OFF

USE A HIGHER SPEED FOR 30S ON 30S OFF, LOWER SPEED FOR 40S ON 20S OFF

NOTE SPEEDS USED