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## **INTERVAL PROGRAM (II)**

<b>Week 1</b>	
5'W + 10' (1'R / 1'W) + 5'W	
15' (1'R / 1'W)	
20' (1'R / 1'W)	
25' (1'R / 1'W)	
30' (1'R / 1'W)	
<b>Week 2</b>	
20' (2'R / 1'W)	
30' (2'R / 1'W)	
20' (3'R / 1'W)	
30' (3'R / 1'W)	
20' (4'R / 1'W)	
<b>Week 3</b>	
30' (4'R / 1'W)	
20' (9'R / 1'W)	
30' (9'R / 1'W)	
30' (14'R / 1'W)	
30' non-stop	
<b>W : Walk      R : Run</b>	

-  **Start and end with a 5 min. walk**
-  **Depending on your symptoms**
  - Go back one workout
  - Repeat the same workout
  - Skip one or two workouts
-  **Run minimum 4 x / week...  
... and maximum 6 x / week**
-  **Choose a cross-country surface without hills (firm and irregular)**
-  **Use a cross-training activity to complete your training regimen (bike, aqua-jogging)**

## **INTERVAL PROGRAM (III)**

<b>Week1</b>		<b>Week 2</b>	
5'W +10' (1'R / 1'W) + 5'W		35' (9'R / 1'W)	
rest		rest	
15' (2'R / 1'W)		45' (14'R / 1'W)	
20' (3'R / 1'W)		20' non-stop	
rest		50' (9'R / 1'W)	
25' (4'R / 1'W)		60' (14'R / 1'W)	
30' (9'R / 1'W)		rest	