

30 DAY running challenge

5 min Jog
1 min Walk
Repeat 3x

day 1

7 min Jog
1 min Walk
Repeat 3x

day 2

rest

day 3

7 min Jog
1 min Walk
Repeat 3x

day 4

15 min Easy
Run or Walk

day 5

rest

day 10

8 min Jog
2 min Walk
Repeat 4x

day 9

5 min Jog
1 min Walk
Repeat 4x

day 8

10 min Run

day 7

rest

day 6

8 min Jog
2 min Walk
Repeat 3x

day 11

15 min Easy
Run or Walk

day 12

rest

day 13

10 min Run

day 14

5 min Jog
2 min Walk
Repeat 5x

day 15

rest

day 20

20 min Easy
Run or Walk

day 19

10 min Jog
3 min Walk
Repeat 5x

day 18

rest

day 17

10 min Jog
3 min Walk
Repeat 5x

day 16

5 min Jog

1 min Walk

Repeat 3x

day 2

12 min Jog

1 min Walk

Repeat 3x

day 3

12 min Jog

1 min Walk

Repeat 3x

day 4

Running The 6 Challenge In Your Branch A Guide

Albert A Gayle



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