

Walk/Run (indoor/outdoor)



Description: Use this time to get your heart rate up by walking or running on the track or trail for 20 to 30 minutes.

Instructions

1. Start out at a brisk walk or jog and gradually increase your speed.
2. Match pace with your partner.
3. If you need to take a break, walk for 1 minute, then start running again.
4. Towards the end of your cardiovascular time, slow down to lower your heart rate.

Tips & Modifications

- You can always do a combination of walking and running (e.g., walk for 1 min., run for 2 min. and repeat).
- Always remember to use proper running form: pump arms and keep your chest up.
- If you are walking, walk at a moderate or high intensity.

