

Programme Type: Round The Bays 6 Week Beginners Programme

Training Level: **Beginners**

This Programme is designed for those that are new to running, and plan on completing 'Round The Bays' on 20 March 2005.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find our fitness programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks.

Week Starting	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7 Feb	Rest	5 min walk 10 min run 5 min walk	Rest	5 min walk 10 min run 5 min walk	Rest	Rest	5 min walk 15 min run 5 min walk
14 Feb	Rest	5 min walk 15 min run 5 min walk	Rest	20 min run (Alternate 5 min run 1 min walk)	Rest	15 min run	20 min run
21 Feb	Rest	20 min run 5 min walk	Rest	20 min run	Rest	20 min run 5 min walk	30 min run (Alternate 5 min run 1 min walk)
28 Feb	Rest	30 min run (Alternate 10 min run 1 min walk)	Rest	25 mins	Rest	20 min run	35 min run
7 March	Rest	30 min run (Alternate 10 min run 1 min walk)	Rest	35 min run	Rest	20 min run	40 min run
14 March	Rest	30 min run	Rest	25 min run	Rest	Rest	Round The Bays