

# Run 1 Week 1

Warm up with 2 min of easy jogging or cycling by 5 min of stretching.

Week 1-4 goal: building volume.

Run Week 1 Day 1: Building. Using a heart rate monitor, keep your heart rate between 65% and 75%. Don't start your time until you have reached 65% heart rate.

Walk 2-5 minutes to cool down.

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Regular workout Created by Cerus on 22 May 2023, last updated on 22 May 2023.

est. 21 minutes


**Instructions**

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 Running	1 set x 20 min, 20 min timer starts w...	👉 Rest 90 sec between sets
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## Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1
Running	Distance      miles Time            m:        s Speed Levels/Incline Calories burnt

## Previous Stats

