TRAIN WITH JANE

Zero to 5k - 8 Week - Get Moving Program

TAMPA CITY PULSE
WHERE EVERY HEARTBEAT COUNTS

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 30 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 30 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 30 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 30 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	Total RELAX Day
2	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 15-20 min) Cool Down/Stretch	Total RELAX Day
3	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 60 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	Total RELAX Day
4	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/2 min of walking (repeat 20-25 min) Cool Down/Stretch	Total RELAX Day
5	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 90 sec. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	Total RELAX Day
6	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 20-25 min) Cool Down/Stretch	Total RELAX Day
7	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 25-30 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 25-30 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 25-30 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/1 min of walking (repeat 25-30 min) Cool Down/Stretch	Total RELAX Day
8	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/30 sec of walking (repeat 25-30 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/30 sec of walking (repeat 25-30 min) Cool Down/Stretch	Light Strength Training Day of Rest for Jogging	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/30 sec of walking (repeat 25-30 min) Cool Down/Stretch	**Warm Up:** Brisk Walk-5 min **Train** - Alternate 2 min. of light Jog*/30 sec of walking (repeat 25-30 min) Cool Down/Stretch	Total RELAX Day

***Modified Light Jog: alternate jogging/walking for desired time increasing jogging steps each week**