



# WEEKLY RUN SESSION

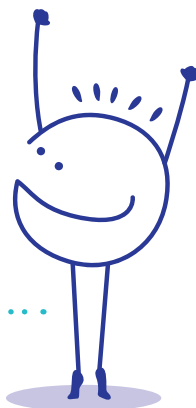
with ambassador and athlete Jess Gulli-Nance

Join Active Geelong ambassador and athlete Jess Gulli-Nance by using this sheet as a guide alongside our video to get you moving.

Follow the steps below to build up your weekly run session.



## GO!



1

5 MIN WARM UP

2

STRETCHES & DRILLS

3

2 SETS OF 5 X 1 MIN EFFORT, 1 MIN WALK  
(EFFORT AT 80-85% OF MAXIMUM CAPACITY)



4

2-3 MIN WALK RECOVERY BETWEEN SETS

5

5 MIN WARM DOWN JOG



**WELL DONE**

Time to grab a drink of water.

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