



WEEKLY RUN SESSION #2

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

10 MIN WARM UP

2

STRETCHES & DRILLS

3

30 SEC JOG
30 SEC 80-85% EFFORT
1 MIN JOG
1 MIN 80-85% EFFORT
REPEAT FOR A TOTAL OF 15 MINS



4

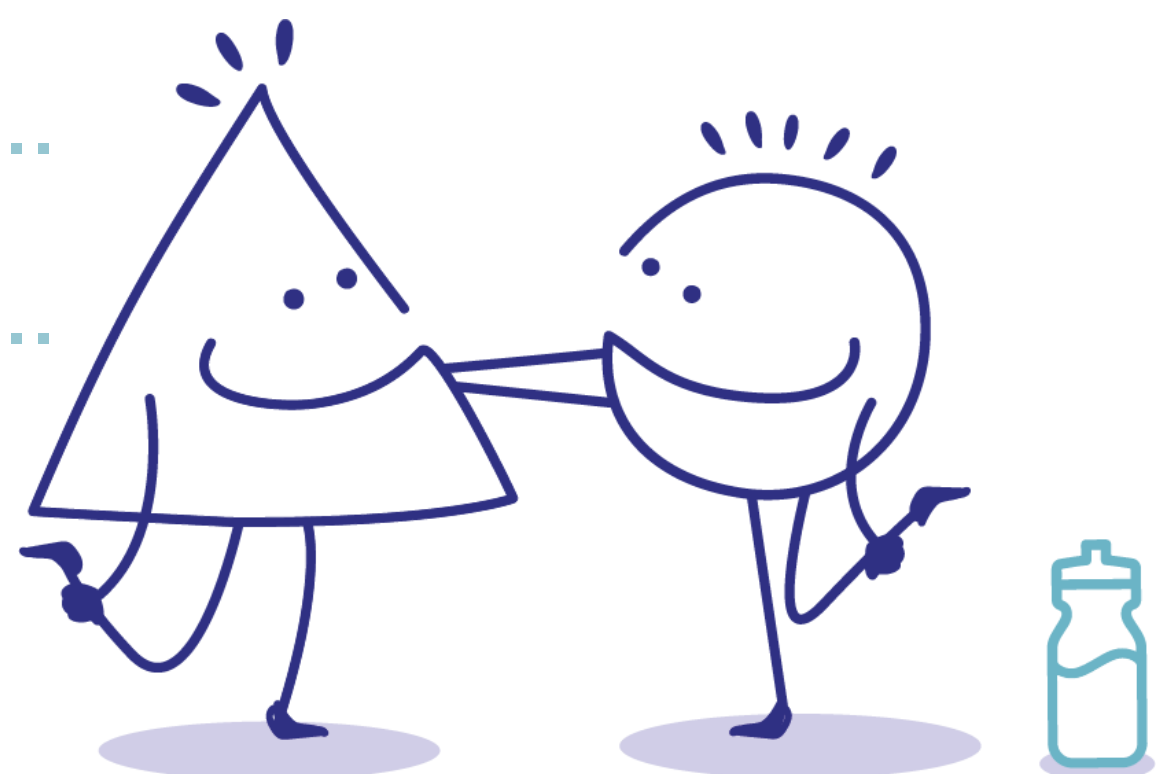
5 MIN WARM DOWN JOG

5

STRETCHES

WELL DONE

Time to grab a drink of water.



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