



WEEKLY RUN SESSION #3

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 JOG

2

3 X 500M AT 75% EFFORT WITH 45 SEC WALK BETWEEN REPS

3

2 MIN WALK

4

3 X 400M AT 75% EFFORT WITH 45 SEC WALK BETWEEN REPS

5

2 MIN WALK

6

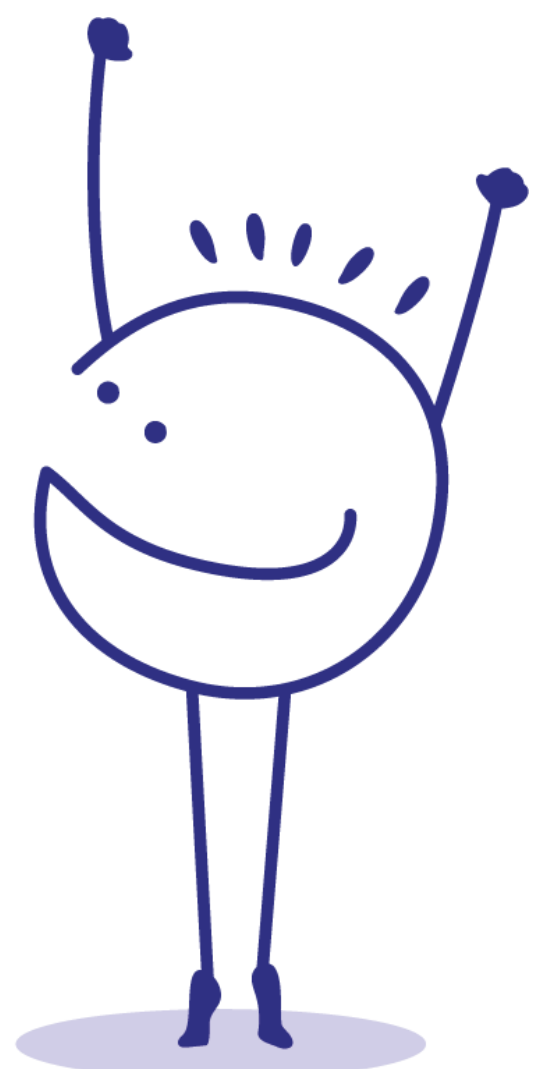
3 X 300M AT 75% EFFORT WITH 45 SEC WALK BETWEEN REPS

7

5 MIN WARM DOWN JOG

WELL DONE

You've covered about 7km!



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THE MOVEMENT MOVEMENT

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