

Diamond Creek Runners Start to Run Program



Week	Tuesday 9:30am and 7pm Marngrook Oval, Diamond Creek	Thursday 9:30am and 7pm Marngrook Oval, Diamond Creek	Sunday 8am Location changes each week. Check our Timetable or Facebook page .
1	Brisk five-minute warmup walk. Then alternate 60 sec of jogging and 90 sec of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 60 sec of jogging and 90 sec of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 60 sec of jogging and 90 sec of walking for a total of 20 mins.
2	Brisk five-minute warmup walk. Then alternate 90 sec of jogging and two mins of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 90 sec of jogging and two mins of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 90 sec of jogging and two mins of walking for a total of 20 mins.
3	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 90 sec Walk 90 sec Jog 3 mins Walk 3 mins	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 90 sec Walk 90 sec Jog 3 mins Walk 3 mins	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 90 sec Walk 90 sec Jog 3 mins Walk 3 mins
4	Brisk five-minute warmup walk, then: Jog 3 mins Walk 90 sec Jog 5 mins Walk 2-1/2 mins Jog 3 mins Walk 90 sec Jog 5 mins	Brisk five-minute warmup walk, then: Jog 3 mins Walk 90 sec Jog 5 mins Walk 2-1/2 mins Jog 3 mins Walk 90 sec Jog 5 mins	Brisk five-minute warmup walk, then: Jog 3 mins Walk 90 sec Jog 5 mins Walk 2-1/2 mins Jog 3 mins Walk 90 sec Jog 5 mins
5	Brisk five-minute warmup walk, then: Jog 5 mins Walk 3 mins Jog 5 mins Walk 3 mins Jog 5 mins	Brisk five-minute warmup walk, then: Jog 8 mins Walk 5 mins Jog 8 mins	Brisk five-minute warmup walk, then jog 20 mins with no walking.
6	Brisk five-minute warmup walk, then: Jog 5 mins Walk 3 mins Jog 8 mins Walk 3 mins Jog 5 mins	Brisk five-minute warmup walk, then: Jog 10 mins Walk 3 mins Jog 10 mins	Brisk five-minute warmup walk, then jog 22 mins with no walking.
7	Brisk five-minute warmup walk, then jog 25 mins.	Brisk five-minute warmup walk, then jog 25 mins.	Brisk five-minute warmup walk, then jog 25 mins.
8	Brisk five-minute warmup walk, then jog 28 mins.	Brisk five-minute warmup walk, then jog 28 mins.	Brisk five-minute warmup walk, then jog 28 mins.
9	Brisk five-minute warmup walk, then jog 30 mins.	Brisk five-minute warmup walk, then jog 30 mins.	Saturday: 5km jog as part of Diamond Creek parkrun. Don't forget to register and bring your barcode!