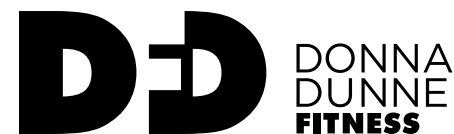
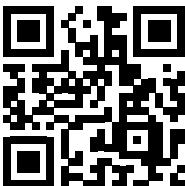
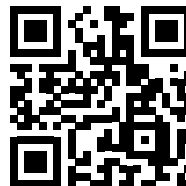


# COUCH TO ROT

## WEEK ONE // 21<sup>ST</sup> AUG

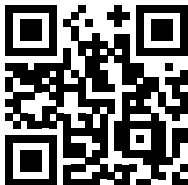
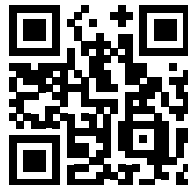


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Brisk 5 minute warm-up walk.</p> <p>6 repetitions of the following:</p> <p>1 minute jogging 2 minute walking 1 minute jog X6</p> <p>At the end walk for 2 minutes to cool down</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/LgpiGVj65pU">https://youtu.be/LgpiGVj65pU</a></p> 	<p>REST or ACTIVE RECOVERY</p> <p>(which means go for a walk or swim or play outside with the kids)</p>	<p>This is Mondays session again but we are increasing the amount of reps we are doing</p> <p>Brisk 5 minute warm-up walk.</p> <p>8 repetitions of the following:</p> <p>1 minute jogging 2 minute walking 1 minute jog X8</p> <p>At the end walk for 2 minutes to cool down</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/LgpiGVj65pU">https://youtu.be/LgpiGVj65pU</a></p> 	<p>REST or ACTIVE RECOVERY</p>

# COUCH TO ROT

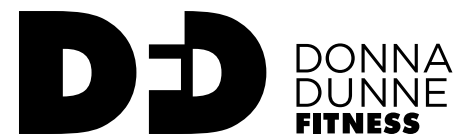
WEEK TWO // 28<sup>TH</sup> AUG

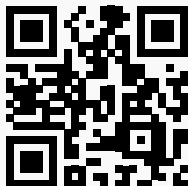
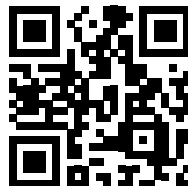


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Brisk 5 minute warm-up walk.</p> <p>4 repetitions of the following:</p> <p>2 minute jogging 3 minute walking 2 minute run X4</p> <p>At the end walk for 2 minutes to cool down</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/w0GPfoOBXVM">https://youtu.be/w0GPfoOBXVM</a></p> 	<p>REST or ACTIVE RECOVERY</p>	<p>This is Mondays session again but we are increasing the amount of reps we are doing</p> <p>6 repetitions of the following:</p> <p>2 minute jogging 3 minute walking 2 minute run X6</p> <p>At the end walk for 2 minutes to cool down</p>	<p>Slowly jog for 2 minutes, walk for 2 minutes and repeat this for 20 minutes</p> <p>(in total you will do 10 jogs)</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/w0GPfoOBXVM">https://youtu.be/w0GPfoOBXVM</a></p> 	<p>REST or ACTIVE RECOVERY</p>

# COUCH TO ROT

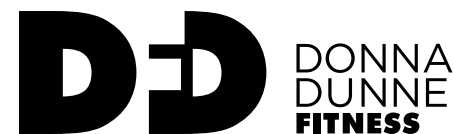
## WEEK THREE // 4<sup>TH</sup> SEP




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Brisk 5 minute warm-up walk.</p> <p>2 repetitions of the following:</p> <p>Jog 2 minutes Walk for 2 minutes Jog 3 minutes Walk 3 minutes Jog 3 minutes Walk 3 minutes Jog 2 minutes Walk 2 minutes X2</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/IXe8KLwUvSE">https://youtu.be/IXe8KLwUvSE</a></p> 	<p>Brisk 5 minute warm-up walk</p> <p>Jog 1 minute, Walk 1 minute Jog 1 ½ minutes Walk 1 minute Jog 2 minutes Walk 1 minute Jog 2 ½ minutes Walk 1 minute Jog 2 minutes Walk 1 minute Jog 1 ½ minutes Walk 1 minute Jog 1 minute, Walk 1 minute</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/IXe8KLwUvSE">https://youtu.be/IXe8KLwUvSE</a></p> 	<p>REST or ACTIVE RECOVERY</p>

# COUCH TO ROT

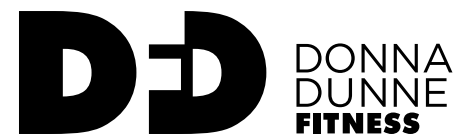
## WEEK FOUR // 11<sup>TH</sup> SEP

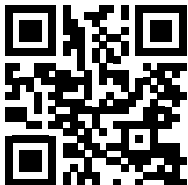
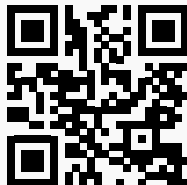


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Brisk 5 minute warm-up walk.</p> <p>3 minutes of running. 90 seconds of walking. 5 minutes of running. 2 and a half minutes of walking. 3 minutes running. 90 seconds walking. 5 minutes running. Walk 2 minutes to cool down</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/312SPvqKbj4">https://youtu.be/312SPvqKbj4</a></p> 	<p>REST or ACTIVE RECOVERY</p>	<p>Brisk 5 minute warm-up walk.</p> <p>Jog nonstop for 10 minutes Walk 4 minutes Jog 5 minutes non stop Walk 2 minutes</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Brisk 5 minute warm-up walk.</p> <p>Jog nonstop for 12 minutes Walk 4 minutes Jog 6 minutes non stop Walk 2 minutes</p>	<p>REST or ACTIVE RECOVERY</p>

# COUCH TO ROT

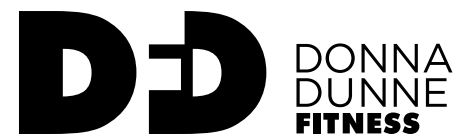
WEEK FIVE // 18<sup>TH</sup> SEP





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>4 minute jog to Warm Up</p> <p>Jog 8 minutes Walk 3 minutes Jog 6 minutes Walk 2 minutes Jog 4 minutes Walk 2 minutes Jog 4 minutes Walk 2 minutes</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/D-B6qHddgXw">https://youtu.be/D-B6qHddgXw</a></p> 	<p>Jog really slowly as long as you can without stopping.</p> <p>Just keep going.</p> <p>Remember keep it slow and write down what time you get to.</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/D-B6qHddgXw">https://youtu.be/D-B6qHddgXw</a></p> 	<p>No need for a separate Warm Up</p> <p>Jog nonstop for 10 minutes Walk 4 minutes Jog 5 minutes non stop Walk 2 minutes</p>	<p>REST or ACTIVE RECOVERY</p>

# COUCH TO ROT

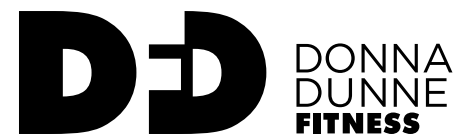
WEEK SIX // 25<sup>TH</sup> SEP





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>3 minute jog to Warm Up</p> <p>Jog 10 minutes Walk 2 minutes</p> <p>Jog 1 minute Walk 1 minute x 5 (another 10 minutes in total)</p> <p>Jog 10 minutes Walk 2 minutes</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/WlKk8mp4HgM">https://youtu.be/WlKk8mp4HgM</a></p> 	<p>Remember your jog time from last Wednesday.</p> <p>Today beat that time by a minimum of 2 minutes. Keep it slow and keep going as long as you can.</p> <p>Just keep going.</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/WlKk8mp4HgM">https://youtu.be/WlKk8mp4HgM</a></p> 	<p>REST or ACTIVE RECOVERY</p>

# COUCH TO ROT

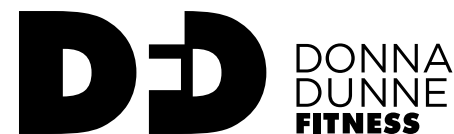
WEEK SEVEN // 2<sup>ND</sup> OCT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>No need to warm up as you will be starting with a slow jog</p> <p>Jog 15 minutes without stopping, walk 5 minutes, jog 10 minutes</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/SrL_HRQZaSc">https://youtu.be/SrL_HRQZaSc</a></p> 	<p>Jog 3 minutes to Warm Up</p> <p>Jog 1 minute, walk 1 minute for 26 minutes so you will be jogging 13 times</p> <p>Keep your run speed as fast as you can for the 1 minute on</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Donna's Strength and Conditioning Online Workout</p> <p><b>Link to Workout:</b></p> <p><a href="https://youtu.be/SrL_HRQZaSc">https://youtu.be/SrL_HRQZaSc</a></p> 	<p>Jog 25 minutes without stopping. Keep it slow but just keep moving</p>	<p>REST or ACTIVE RECOVERY</p>

# COUCH TO ROT

WEEK EIGHT // 9<sup>TH</sup> OCT

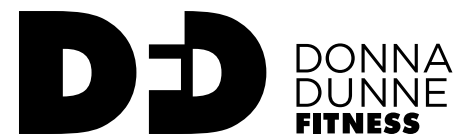



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Today's session you need to do outside.</p> <p>Jog 15 minutes and take note of where you stop.</p> <p>Rest for 2 minutes and then get yourself back to the start position covering the same route in less than 15 minutes</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Jog 3 minutes to Warm Up</p> <p>Jog 1 minute, walk 1 minute for 30 minutes so you will be jogging 15 times</p> <p>Keep your run speed as fast as you can for the 1 minute on</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Jog slow and steady for 30 minutes. Speed is not important. Keep your legs turning over.</p>	<p>REST or ACTIVE RECOVERY</p>	<p>Jog slow and steady for 30 minutes.</p> <p>Speed is not important.</p> <p>Keep your legs turning over.</p>



# COUCH TO ROT

FINAL WEEK // 16<sup>TH</sup> OCT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST or ACTIVE RECOVERY	Jog 3 minutes to Warm Up  Jog 1 minute, walk 1 minute for 30 minutes so you will be jogging 15 times  Keep your run speed as fast as you can for the 1 minute on	15 minute jog	REST	REST		Enjoy the celebrations.