

MON

REST

TUES

Run 1 min - Walk 1 min - Repeat x 10

WED

Strength: [Stability & Balance](#) 

THURS

Run 2 mins - Walk 4 mins - Repeat x 5

FRI

Active Recovery: [TRX & Resistance Band](#) 

SAT

REST

SUN

Run 2 mins - Walk 4 mins - Repeat x 5