



THIS MUM RUNS RUN30 PROGRAM



Session 1

Session 2

Session 3

Week
1 //

- Warm up & Stretches
- 1 minute run / 1.5 minutes walk x 8
- Cool down 5 minutes
- Stretches

- Warm up & Stretches
- 1 minute run / 1.5 minutes walk x 8
- Cool down 5 minutes
- Stretches

- Warm up & Stretches
- 1 minute run / 1.5 minutes walk x 8
- Cool down 5 minutes
- Stretches

Week
2 //

- Warm up & Stretches
- 2 minutes run / 2.5 minutes walk x 6
- Cool down and stretches

- Warm up & Stretches
- 2 minutes run / 2.5 minutes walk x 6
- Cool down and stretches

- Warm up & Stretches
- 2 minutes run / 2.5 minutes walk x 6
- Cool down and stretches

Week
3 //

- Warm up & Stretches
- 3 minutes run / 3 minutes walk x 4
- Cool down and stretches

- Warm up & Stretches
- 3 minutes run / 3 minutes walk x 4
- Cool down and stretches

- Warm up & Stretches
- 3 minutes run / 3 minutes walk x 4
- Cool down and stretches

Week
4 //

- Warm up & Stretches
- 3 minutes run / 1.5 minutes walk
- 5 minutes run / 2.5 minutes walk
- 3 minutes run / 1.5 minutes walk
- 5 minutes run
- Cool down and stretches

- Warm up & Stretches
- 3 minutes run / 1.5 minutes walk
- 5 minutes run / 2.5 minutes walk
- 3 minutes run / 1.5 minutes walk
- 5 minutes run
- Cool down and stretches

- Warm up & Stretches
- 3 minutes run / 1.5 minutes walk
- 5 minutes run / 2.5 minutes walk
- 3 minutes run / 1.5 minutes walk
- 5 minutes run
- Cool down and stretches

Week
5 //

- Warm up & Stretches
- 5 minutes run / 3 minutes walk
- 7 minutes run / 3 minutes walk
- 5 minutes run
- Cool down and stretches

- Warm up & Stretches
- 5 minutes run / 3 minutes walk
- 8 minutes run / 3 minutes walk
- 5 minutes run
- Cool down and stretches

- Warm up & Stretches
- 5 minutes run / 3 minutes walk
- 10 minutes run / 3 minutes walk
- 5 minutes run
- Cool down and stretches

Week
6 //

- Warm up & Stretches
- 20 minutes run
- Cool down and stretches

- Warm up & Stretches
- 10 minutes run / 3 minutes walk / 10 minutes run
- Cool down and stretches

- Warm up & Stretches
- 25 minutes run
- Cool down and stretches

Week
7 //

- Warm up & Stretches
- 28 minutes run
- Cool down and stretches

- Warm up & Stretches
- 28 minutes run
- Cool down and stretches

- Warm up & Stretches
- 28 minutes run
- Cool down and stretches

Week
8 //

- Warm up & Stretches
- 30 minutes run
- Cool down and stretches

- Warm up & Stretches
- 30 minutes run
- Cool down and stretches

- Warm up & Stretches
- 30 minutes run
- Cool down and stretches

