

Jolly Joggers Programme

This programme is suited for the 14:30 min (for 2.4 km) runner who wants to slash more than 2 mins in 6 weeks. The greatest tool the runner needs is dedication.

Monday

5 min -Stretching Exercise

Head Roll. Small circles with neck. Larger circles at waist.

Shoulder raise

Knee Bend

Hamstring Stretch

10 min-Warm up

Push up 10x

Sit up 15x

Jumping on the spot

Run

400m at 2:10 stop 3 push ups 1 min rest

800m at 5:00 stop rest 2 mins

400m at 2.10 rest 2 mins

400m at 2:30 rest 2 mins

Cooldown 400 m Brisk walk

Stretching Hamstring
 Knees
 Heels

Wednesday

Stretching and warm up as Monday

7 Lap jog

(Friday or by himself on weekend)

Fartlek- 300m fast pace – 600m half pace to go for at least 3km.