

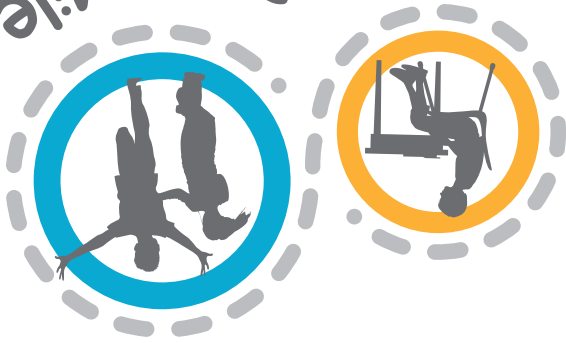
Class

Name

ACHIEVEMENT BOOK



Desk to Daily Mile



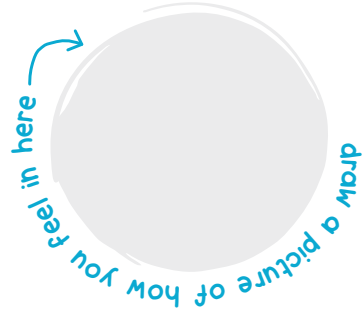
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LOTTERY FUNDED
SPORT ENGLAND

we can move
Active Gloucestershire

in association with

Pick just one word to describe how you feel.



Desk to Daily Mile in just 4 weeks

WEEK 1

DAY 1

Run 1 minute
Walk 1 minute
Repeat until you've done 15 mins.



WEEK 2

DAY 1

Run 4 minutes
Walk 1 minute
Repeat until you've done 15 mins.



WEEK 3

DAY 1

Run 8 minutes
Walk 2 minutes
Run 5 minutes



WEEK 4

DAY 1

Run 12 minutes
Walk 1 minute
Run 2 minutes



DAY 2

Run 2 minutes
Walk 2 minutes
Repeat until you've done 15 mins.



DAY 2

Run 5 minutes
Walk 1 minute
Repeat until you've done 15 mins.



DAY 2

Run 10 minutes
Walk 2 minutes
Run 3 minutes



DAY 2

Run 14 minutes
Walk 1 minute



DAY 3

Run 3 minutes
Walk 2 minutes
Repeat until you've done 15 mins.



DAY 3

Run 7 minutes
Walk 1 minute
Repeat until you've done 15 mins.



DAY 3

Run 11 minutes
Walk 1 minute
Run 3 minutes



DAY 3

Run 15 minutes

