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#### **JOGGING PROGRAM:**

#### **RULES:**

- 1. COMPLETE THE WALKING PROGRAM BEFORE STARTING THIS PROGRAM**
- 2. BEGIN EACH SESSION WITH WALKING AND STRETCHING**
- 3. BE AWARE OF NEW ACHES AND PAINS**
- 4. DON'T PROGRESS TO THE NEXT LEVEL IF YOU ARE NOT COMFORTABLE**
- 5. STAY AT THE LOW END OF YOUR THR ZONE; RECORD YOUR HR FOR EACH SESSION**
- 6. DO THE PROGRAM ON A WORK-A-DAY, REST-A-DAY BASIS**

Stage 1 Jog ten steps, walk 10 steps. Repeat five times and take your heart rate  
Stay within zone by increasing or decreasing walking phase.  
Do 20-30 min of activity.

Stage 2 Jog 20 steps, walk 10 steps. Repeat five times and take your heart rate.  
Stay within THR zone by increasing or decreasing walking phase.  
Do 20-30 min of activity.

Stage 3 Jog 30 steps, walk 10 steps. Repeat five times and take your heart rate.  
Stay within THR zone by increasing or decreasing walking phase.  
Do 20-30 min of activity.

Stage 4 Jog 1 minute, walk 10 steps. Repeat three times and take your heart rate.  
Stay within THR zone by increasing or decreasing walking phase.  
Do 20-30 min of activity.

Stage 5 Jog 2 minutes, walk 10 steps. Repeat two times and take your heart rate. Stay within THR zone by increasing or decreasing walking phase. Do 30 min of activity.

Stage 6 Jog 1 lap (400 meters) and check heart rate. Adjust pace during run to stay within THR zone. If heart rate is still too high, go back to the stage 5 schedule. Do 6 laps with a brief walk between each.

Stage 7 Jog 2 laps and check heart rate. Adjust pace during run to stay within the THR zone. If heart rate is still too high, go back to stage 6 activity. Do 6 laps with a brief walk between each.

Stage 8 Jog 1.6 km and check heart rate. Adjust pace during the run to stay within the THR zone. Do 3.2 km.

Stage 9 Jog 3.2 to 4.8 km continuously. Check heart rate at the end to ensure that you were within THR zone.