

**Warm Up**

**20 Jumping Jacks/Star Jumps**



**20 High Knees**



**20 Lunges**



**10 Squat Jumps**



**10 Inch worms**



**Or Try this YouTube Cardio Warm Up:**

<https://www.youtube.com/watch?v=ZkvJVq5yVok&t=2s>

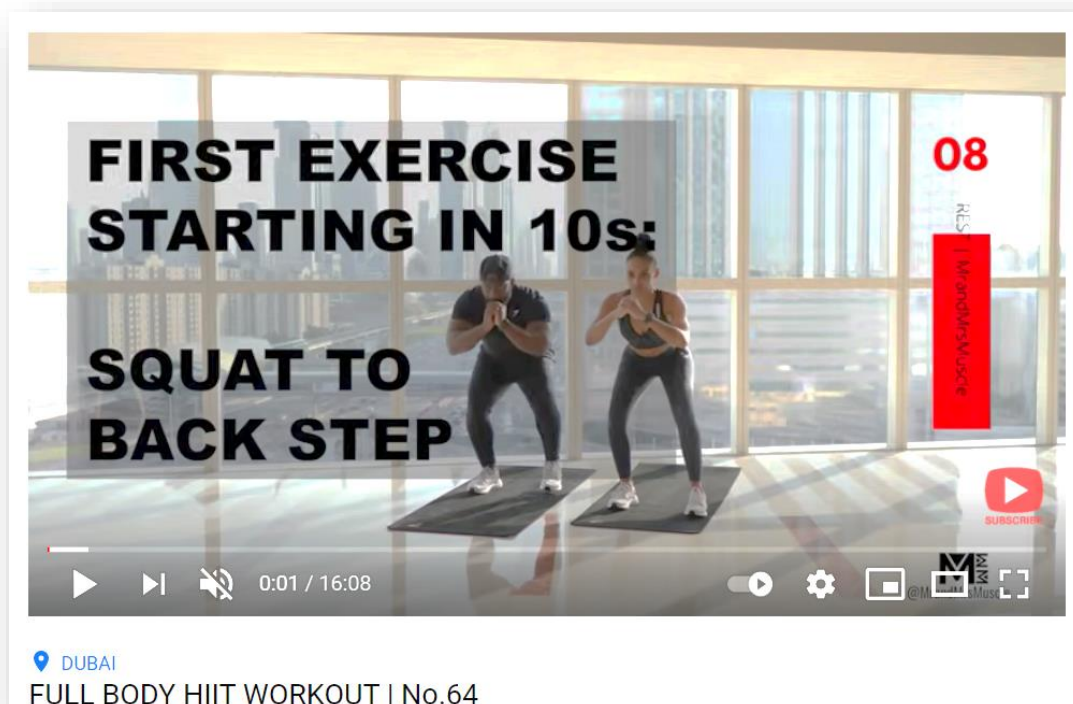
## Challenge 1

**Beginner: Complete 1 set**

**Intermediate: Complete 3 sets**

**Advanced: Complete 4+ sets**

Click on this Link: <https://www.youtube.com/watch?v=miRGJqF5cCg>

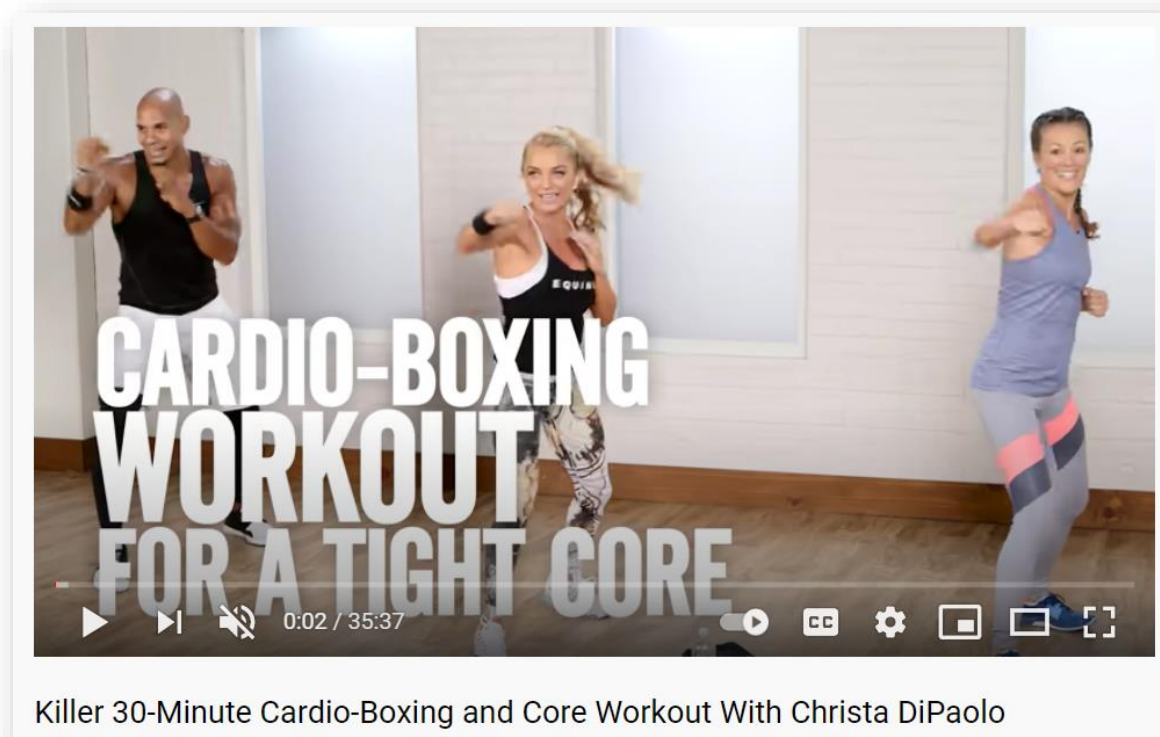


**Full Body Stretch - <https://www.youtube.com/watch?v=dhFCO37us7w&t=153s>**

## [Challenge 2 – Cardio Kickboxing Workout](#)


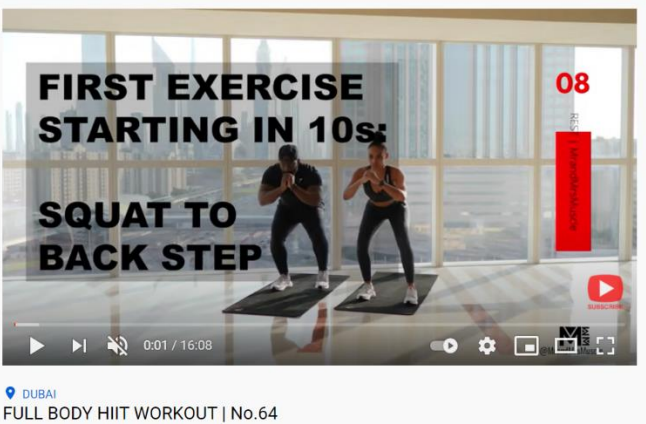

### 30-minute Cardio Kickboxing Workout

Click on this Link - <https://www.youtube.com/watch?v=Z1LeHynYZLk>

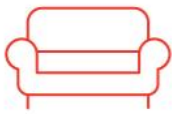


Full Body Stretch - <https://www.youtube.com/watch?v=dhFCO37us7w&t=153s>

## Week Eight Lockdown - Workout Plan Guideline

<p><b>Day 1</b></p>	<p><b>Mindfulness Meditation – Take some time for you</b>  <a href="https://www.youtube.com/watch?v=w_bmCKMrLYs">https://www.youtube.com/watch?v=w_bmCKMrLYs</a></p> 
<p><b>Day2</b></p>	<p>3k /5K - Run/Walk (<i>See Couch to 5k Plan below</i>)</p>
<p><b>Day 3</b></p>	<p><i>Rest Day</i></p>
<p><b>Day 4</b></p>	<p><b>Challenge 1 <u>or</u> Challenge 2</b></p> 
<p><b>Day 5</b></p>	<p>3k /5K - Run/Walk (<i>See Couch to 5k Plan below</i>)</p>
<p><b>Day 6</b></p>	<p><b>Challenge 1 <u>or</u> Challenge</b></p> 
<p><b>Day 7</b></p>	<p><i>Rest Day</i></p>

**\*\*REMEMBER: This is only a guideline Plan. If you only do one of the Day's activities that's great. Only do what you can do\*\***



# Couch to 5K Jogging Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Run 1 min, walk 1 min. Repeat 10 times.	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest
<b>WEEK 2</b>	Run 3 mins, walk 3 mins. Repeat 4 times.	Rest	Run 3 mins, walk 3 mins. Repeat 4 times.	Rest	Rest	Run 5 mins, walk 3 mins. Repeat 3 times.	Rest
<b>WEEK 3</b>	Run 7 mins, walk 2 mins. Repeat 3 times.	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest
<b>WEEK 4</b>	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Run 10 mins, walk 2 mins. Repeat twice, then run for 5 mins.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest
<b>WEEK 5</b>	Run 9 mins, walk 1 min. Repeat 3 times.	Rest	Run 12 mins, walk 2 mins. Repeat twice, then run for 5 mins.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest
<b>WEEK 6</b>	Run 15 mins, walk 1 min. Repeat twice.	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Rest	<b>5k Race!</b>	Rest



[www.irisheart.ie](http://www.irisheart.ie)