

Hi it's Jasper

Since isolation began I have been doing something called interval training every other day. For those of you who don't know this is when you run for a minute, walk for a minute, run for a minute.... As your endurance improves, you can increase the time you spend running and decrease the time you spend walking. Today I am doing a 5 minute walk, a twenty minute run, then a five minute walk.

Its important to do the walk at the beginning and end as a warm up and a cool down.

This was my first week - see if you can do it three times over the week.

**Warm-up: 5 minute walk**

**Run: 60 seconds**

**Walk: 90 seconds:**

**Repeat 7 times**

**Run: 60 seconds**

**Cool down: 5 minute walk**