

# 'On Track' Training

## Exercise of the Month

With the Virgin London Marathon this weekend we have put together a training regime suitable for anybody training towards a similar event such as the Race for Life starting in the south east in May. The regime includes a selection of classes which we offer to members and programme settings available on our machines. You should look to increase your speed every five days.

<b>Day 1</b> <b>TREADMILL</b> Jog 3 mins Walk 2 mins <b>X2</b>	<b>Day 2</b> <b>TREADMILL</b> Jog 4 mins Walk 2 mins <b>X2</b>	<b>Day 3</b> <b>TREADMILL</b> Jog 5 mins Walk 2 mins <b>X2</b>	<b>Day 4</b> <b>REST DAY</b> Why not visit our Spa? Call 01322 522209 to Book a treatment	<b>Day 5</b> <b>CLASS</b> Core ball or Body Balance or Pilates	<b>Day 6</b> <b>TREADMILL</b> Jog 6 mins Walk 2 mins <b>X2</b>	<b>Day 7</b> <b>TREADMILL</b> Jog 7 mins Walk 2 mins <b>X2</b>	<b>Day 8</b> <b>REST DAY</b> Why not visit our Spa? Call 01322 522209 to Book a treatment	<b>Day 9</b> <b>CLASS</b> Core Ball or Body Balance or Pilates	<b>Day 10</b> <b>TREADMILL</b> Jog 8 mins Walk 2 mins <b>X2</b>
<b>Day 11</b> <b>TREADMILL</b> Jog 10 mins Walk 2 mins <b>X3</b>	<b>Day 12</b> <b>TREADMILL</b> Jog 11 mins Walk 2 mins <b>X3</b>	<b>Day 13</b> <b>REST DAY</b> Why not visit our Spa? Call 01322 522209 to Book a treatment	<b>Day 14</b> <b>CLASS</b> Core Ball or Body Balance or Pilates	<b>Day 15</b> <b>TREADMILL</b> Jog 12 mins Walk 2 mins <b>X3</b>	<b>Day 16</b> <b>REST DAY</b> Why not visit our Spa? Call 01322 522209 to Book a treatment	<b>Day 17</b> <b>TREADMILL</b> Run 5 mins Walk 2 mins <b>X3</b>	<b>Day 18</b> <b>TREADMILL</b> Run 6 mins Walk 2 mins <b>X3</b>	<b>Day 19</b> <b>TREADMILL</b> Run 8 mins Walk 2 mins <b>X3</b>	<b>Day 20</b> <b>REST DAY</b> Why not visit our Spa? Call 01322 522209 to Book a treatment
<b>Day 21</b> <b>TREADMILL</b> Jog 'Pro Rolling' Level 5 30 mins	<b>Day 21</b> <b>TREADMILL</b> Jog 'Intervals Programme' Level 7 40mins	<b>Day 23</b> <b>CLASS</b> Core Ball or Body Balance or Pilates	<b>Day 24</b> <b>TREADMILL</b> Run 10 mins Walk 2 mins <b>X3</b>	<b>Day 25</b> <b>TREADMILL</b> Jog 'Pro Rolling' Level 5 45 mins	<b>Day 26</b> <b>REST DAY</b> Why not visit our Spa? Call 01322 522209 to Book a treatment	<b>Day 27</b> <b>TREADMILL</b> Run 12 mins Walk 2 mins <b>X3</b>	<b>Day 28</b> <b>TREADMILL</b> Jog 'Intervals Programme' Level 7 45mins	<b>Day 29</b> <b>REST DAY</b> Why not visit our Spa? Call 01322 522209 to Book a treatment	<b>Day 30</b> <b>TREADMILL</b> Run 14 mins Walk 2 mins <b>X4</b>

**JOG**-70% Max heart rate

**RUN**-85% Max heart rate

\*Classes mentioned are an example, please check timetables for alternatives. Based on average fitness level, age and weight.

