

Patricia wants to be able to run comfortably 5km Charity Run. She asked Mark, the fitness instructor, to help her to achieve her goal. He wrote her an eight-week running programme that you can see below.

Can you answer a few questions that will help Patricia to understand her new running routine?

Q .1. How many days a week am I not doing any exercises? Answer:\_\_\_\_\_

Q.2. Do I walk every Saturday? Answer:\_\_\_\_\_

Q.3. How many kilometres will I jog during the next 8 weeks? Answer:\_\_\_\_\_

Q. 4. When is my first run scheduled for and how far will I run that day? Answer:\_\_\_\_\_

Q.5. How many kilometres will I run in total before I go for my first 5km run? Answer:\_\_\_\_\_

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	1.5km (jog)	Rest	1.5km (jog)	Rest	30 minute (walk)	1.5km (jog)
2	Rest	1.5km (jog)	Rest	1.5km (jog)	Rest	30 minute (walk)	1.5km (jog)
3	Rest	1.5km (jog)	Rest	1.5km (run)	Rest	40 minute (walk)	1.5km (run)
4	Rest	2.5km ( jog)	Rest	1.5km (run)	Rest	40 minute (walk)	2.5km (run)
5	Rest	2.5km (run)	Rest	2.5km (run)	Rest	50 minute (walk)	3.5km (run)
6	Rest	2.5km (jog)	Rest	2.5km (run)	Rest	50 minute (walk)	3.5km (run)
7	Rest	3.5km (jog)	Rest	3.5km (run)	Rest	60 minute (walk)	4.5km (run)
8	Rest	3.5km (jog)	Rest	2.5km (run)	Rest	Rest	5km run

