



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **The “Outside Walk/Run” Workout**

**Warmup: Walk for 2 minutes.**

**Workout: Walk/Run for a total of 30 minutes.**

**A1) Run for 30 sec to 60 seconds**

**A2) Walk for 60 sec to 120 sec.**

**Repeat sequence until you reach 30 minutes.**

**Cool Down: Walk for 2 minutes.**

**Note: Warmup and Cool Down do not count for the 30-minute workout.**

**Have fun and be well!**

**\*We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.**