

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

Walk–Run Intervals Routine

What This Workout Is

Walk–Run intervals alternate between lower-effort and higher-effort movement. This routine builds cardiovascular endurance in a manageable, joint-friendly way while allowing you to control intensity.

How To Do It

1. Warm up for 3–5 minutes at an easy walking pace.
2. 2 minutes easy effort (walk or light movement).
3. 1 minute faster effort (brisk walk or controlled jog).
4. Repeat for 8–12 cycles (20–30 minutes total).
5. Finish with a 3–5 minute cool-down.

How To Customize It

- Walking only: easy walk → brisk walk.
- Outdoor running: walk → comfortable jog (not a sprint).
- Treadmill: increase speed or incline during faster intervals.
- Bike/Row/Elliptical: light resistance → moderate resistance.
- No equipment: march in place → jog in place or high knees.

Effort Guidelines

- Easy intervals should allow full conversation.
- Faster intervals should raise breathing but still feel controlled.
- You should finish feeling worked, not exhausted.

Progression Options

- Increase faster intervals to 90 seconds.
- Reduce easy intervals to 90 seconds.
- Add additional cycles over time.
- Gradually increase pace while maintaining good form.