



Tips & Tricks

*Welcome to Walk Run Race (powered by Studio SWEAT on Demand).
We provide the training workout, tips and you put in the time!*

WRR Video #1 Walk to Jog

Stream this workout for three to four weeks in a row changing the length of your workout progressively from 20 to 25 and from 25 to 30 minutes. In this workout we will cover & support:

- Heart rate monitors or Perceived Exertion
- Elevation Settings
- Pace
- Dynamic Warm up to Repetitive Warm Up
- Engage Upper Body
- Form & Posture
- Talk Test
- Intervals to Test you and your limits
- Cool down
- Ending Stretch