

GET RACE READY

BIOFREEZE  
COOL THE PAIN

5K

PROGRAM

BIOFREEZE IRISH RUNNER 5K: SATURDAY 18TH MAY, PHOENIX PARK



- **THIS PROGRAMME IS ONLY A SUGGESTION AND SHOULD BE ADAPTEDS TO SUIT YOUR WORKJ AND HOME LIFE. ALWAYS DO SOME WARM-UP EXERCISES BEFOREHAND AND SOME STRETCHING EXERCISES TO WARM-DOWN AFTERWARDS**
- **WARM-UP: ENGAGING IN A PROPER WARM-UP IS ESSENTIAL FOR INJURY PREVENTION AND PERFORMANCE ENHANCEMENT. INTEGRATE ACTIVITIES LIKE WALKING, STRIDES, AND STRETCHES SUCH AS LUNGES AND LEG SWINGS INTO YOUR PRE-RUN ROUTINE**
- **COOL-DOWN: FINISH YOUR WORKOUT WITH A COOLDOWN WALK OR SLOW JOG TO RELAX YOUR MUSCLES AND GRADUALLY REDUCE YOUR HEART RATE AND BREATHING FOLLOWING THE INTENSITY OF YOUR WORKOUT**
- **WALK: BRISK WALKING PACE**
- **RECOVERY WALK: A SLOW-PACED AND GENTLE FORM OF WALKING UNDERTAKEN AFTER A PERIOD OF INTENSE PHYSICAL ACTIVITY OR EXERCISE**
- **JOG: GENTLE RUNNING (ABLE TO CHAT EASILY THROUGHOUT)**
- **CROSS TRAIN: ENGAGING IN DIFFERENT FORMS OF PHYSICAL ACTIVITY (SOME EXAMPLES INCLUDE CYCLING, BOXING, HIKING, STRENGTH TRAINING, ROWING, SWIMMING, YOGA ETC)**
- **EASY: A RELAXED AND COMFORTABLE SPEED DURING PHYSICAL ACTIVITY, ALLOWING FOR A LOW TO MODERATE LEVEL OF EFFORT AND ENABLING INDIVIDUALS TO MAINTAIN CONVERSATION WHILE ENGAGING IN THE EXERCISE**
- **STEADY: A CONTROLLED AND COMFORTABLE LEVEL OF EXERTION ALLOWING INDIVIDUALS TO CONTINUE OVER AN EXTENDED PERIOD OF TIME WITHOUT EXHAUSTING THEMSELVES QUICKLY**
- **TEMPO: A CHALLENGING BUT SUSTAINABLE INTENSITY. INDIVIDUALS ARE AIMING TO SUSTAIN A PACE THAT IS CHALLENGING ENOUGH TO ELEVATE THEIR HEART RATE AND BREATHING, YET STILL MANAGEABLE FOR AN EXTENDED PERIOD**
- **FAST: A FAST PACE REFERS TO A VIGOROUS AND BRISK SPEED DURING PHYSICAL ACTIVITY, INVOLVING A HIGHER LEVEL OF EFFORT THAT CHALLENGES INDIVIDUALS TO PUSH THEIR LIMITS AND ACHIEVE A SWIFTER PERFORMANCE**
- **FARTLEK INVOLVES VARYING YOUR SPEED AND INTENSITY THROUGHOUT A TRAINING SESSION, INCORPORATING BOTH PERIODS OF FASTER, MORE INTENSE EFFORTS AND SLOWER, EASIER RECOVERY PHASES**