

GET RACE READY

BIOFREEZE  
COOL THE PAIN

5K

PROGRAM

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



# 4 WEEK RUN PROGRAM

## COMPLETE YOUR FIRST 5K

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	2.5KM OR 25 MINS WALK/JOG	REST & STRETCH	2.5KM OR 25 MINS WALK/JOG	50 MINUTE WALK	REST OR RECOVERY WALK	3.5KM OR 35 MINS WALK/JOG	REST
WEEK 2	2.5KM WALK/JOG	REST & STRETCH	2.5KM JOG/RUN	50 MINUTE WALK	REST OR RECOVERY WALK	3.5KM JOG/RUN	REST
WEEK 3	3.5KM WALK/JOG	REST & STRETCH	3.5KM JOG/RUN	60 MINUTE WALK	REST OR RECOVERY WALK	4.5KM JOG/RUN	REST
WEEK 4	3.5KM WALK/JOG	REST & STRETCH	3.5KM JOG/RUN	30 MINUTE WALK	REST OR RECOVERY WALK	RACE DAY 	

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