

# Run your fastest 5km

## WEEK 2 TRAINING PLAN



By 'Runuary' coach Irene Clarke

### Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

Happy Running!

### A guide to the terms in this plan

- **Walk:** Brisk walking pace (faster than walking to the newsagents).
- **Jog:** Gentle running (able to chat easily throughout).
- **Walk/Jog:** Periods of walking followed by periods of jogging (vary times and number of walks and jogs depending on total target time/distance).
- **Cross Train:** Any other physical activity (walking or cycling).



## WEEK 2 - FASTEST 5KM CHALLENGE TRAINING PLAN



Week of  
January 10th

DAY 1	DAY 2	DAY 3	DAY 4
5km jog - easy	1km - easy Run 100m - fast then 100m slow X 10 (do two sets) Last km - easy	50 minutes - walk / cross train - easy	6km 3km run - easy then turn and run 3km back at steady pace



Tips for your fastest 5km on race day - 31 January

At the end of your 4-week training plan, you'll be ready for your 5km run



Submit your time on January 31st on the portal - it will be emailed to you on Friday January 28th



Please note the portal for submitting your time will open from 9am on January 31st. A link to this portal will be emailed to you.

Tag us in your running selfies using #Runuary2022

@irishlifehealth @irishathletics

@irishlifehealth @athleticsireland

@athleticsireland @irishlife.ie

Irish Life health