

Run your first 5km

WEEK 1 TRAINING PLAN



By 'Runuary' coach Irene Clark

Training overview:

This programme is 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.

A guide to the terms in this plan

- **Walk:** Brisk walking pace (faster than walking to the shop)
- **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 target time/distance)



Starting week of
January 3rd

WEEK 1 - 5KM CHALLENGE TRAINING PLAN

| DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|--------------------------------|--------------------------------|----------------|--------------------------------|
| 2.5km or 25 mins - walk/jog | 2.5km or 25 mins - walk/jog | 50 minute walk | 3.5km or 35 mins - walk/jog |



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

Complete your 5km Run

(you can do this over the weekend of 29th and 30th January if easier)



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**

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