

ishka Fit4Life

52 WEEK WALK OR RUN TRAINING DIARY



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A Journey of Self-Discovery

Frank Greally



The Ishka Fit4Life Training Diary has been designed to be your constant running companion for the next 12 months. There are plenty of pages to log notes on your daily training and expert advice, too, on training and choosing the right running or walking shoe, as well as advice on stretching and injury prevention.

Irish Runner writer Lindie Naughton contributes training schedules for runners, while Get Ireland Walking's Jason King has contributed walking schedules and tips. They are highly recommended for beginners.

Athletic Ireland's Fit4Life Group leaders have found that walking provides an ideal foundation for anyone coming to running for the first time or returning after a long layoff.

The great American running guru, the late Doctor George Sheehan, wrote about running as: "A place for self-discovery - play elevated to an intimate encounter with the self, and, as such, occupying unchallenged high ground in our journey through life."

Dr Sheehan was a fount of knowledge on everything to do with running and he nailed it well when he wrote: "What most runners have in their daily run is a very special place for mental and spiritual life. But it comes with easy running, at a pace that frees the mind to create and the spirit to soar.

"To play the game of life well, there are some essentials: Energy is one. Physical energy is necessary for whatever we do daily. Without it, whatever we do will be done badly or not at all.

The 24 hours we're given each day shrink to a good deal less when we lack the endurance and stamina to actually use them. Running develops that energy. It can make the end of your work the beginning of your day."

Whether you are a beginner or a more seasoned runner, this Ishka Fit4Life Training Diary can become a useful tool for you. You will marvel in several months time, when you look back at all the training you have carefully logged in your diary — as well as some notes on races you have completed. You may just want to enjoy your training runs and never be tempted into signing up for mass-participation running events, but whatever moves you as a runner is also sure to give you a deep sense of satisfaction — the feelgood factor that running delivers.

There can be great satisfaction in looking back over the pages of a well-kept training diary that charts your progress. I will leave the last words on this page to the late Noel Carroll, Ireland's first and still our best running guru. Noel wrote: "Running is the classic road to self-awareness and self-reliance. The runner learns that personal commitment, sacrifice and determination are the only means to self-betterment. Runners only get promoted through self-conquest."

Enjoy your running.

Frank Greally- email:frank@thedailymile.ie





Get Walking!

Not ready to run? Try walking as an introduction to lifelong fitness, says Jason King of Get Ireland Walking

Recreational walking is a popular form of physical activity among Irish people with over 2.5 million people walking in their spare time each week. Walking has been described as "the closest activity to perfect exercise" and people who regularly walk can benefit from many physical and mental health benefits. Walking is cheap, accessible, low impact and requires little skill, which makes it an attractive option for people who are sedentary and wish to increase their physical activity levels. Walking regularly may act as a gateway for some people to more strenuous forms of physical

The benefits of regular fitness walking

Muscles, bones and joints

Normal walking strengthens the muscles of the legs. Fitness walking techniques (such as stridewalking, powerwalking and nordic walking) involve greater use of the upper body and tone legs, arms, shoulders, stomach, hips and buttocks. Activities which strengthen muscles also improve the density of the bones to which they are attached -good news in the prevention of osteoporosis.

Weight management and fat burn

Weight management is a balance between taking in energy (in the form of food) and expending energy (in physical activity). When you walk, your body burns fat as fuel -when you walk aerobically you burn more more fat than walking normally.

Heart and lungs

When you walk aerobically you give your heart, lungs and blood vessels a good workout and you train these vital organs to work harder and more efficiently for you. Consequently, you help stave off conditions like heart attack, lung disease and high blood pressure.

Stress

Many aspects of modern-day living bring stress, tension, anxiety and depression. Walkers report feeling better about themselves; being more alert and enthusiastic; feeling mentally sharper; and having better sleeping patterns.

Energy

Increased physical activity levels increases your energy levels and reduces fatigue.





Practical Tips

Check Up!

If you have a health problem or are worried about any aspect of your health, check with your doctor for advice before undertaking the programme.

Commit Yourself!

Start by planning your first week -jot down when you are going to get in some walks. Take it week-by-week after that. Tell family members, workmates or friends that you plan to do the programme and enlist their support to keep you going. Better still, get someone to do the challenge with you.

Prepare Your Gear!

Select a pair of sturdy, comfortable shoes and some suitable clothing from your wardrobe! Use layers of light, loose clothing that can be removed as you warm up. Use windproof/waterproof gear to protect against the elements. If you need to buy new shoes -look for proper walking shoes (see Gearing Up).

Be Seen!

Wear bright clothes, reflective armbands, or a high-visibility vest.

Take Time!

If you're not too fit be sure to start slowly and build up gradually. The programmes outlined each week are designed to do this in a progressive way.

Water Up!

Drink water before, during, and after your walks.







Walking Plan A

Making daily walking a part of your life. If this plan progresses too fast for you don't worry, you can follow the plan for the same week a number of times until you feel ready to progress. Remember every step you take is a step towards a healthier you.

Week	1-2	3-4	5-6	7-8	9-10	11-12
Mon - Fri	Aim to walk a little more than usual as part of your usual daily routine. Try walk to the local shop instead of driving and take the stairs instead of a lift.	10-15 mins Aim to do at least one walk of 10 minutes, three days a week. Time yourself and try not to stop for 10 minutes.	2 x 10-15 mins Add another walk of 10- 15 minutes, two or three days a week. Perhaps do one in the morning and one in the evening.	2 x 15 mins Try to walk for 15 min- utes twice a day every day this week. You could do one on your lunch break and one in the evening.	2 x 15 mins You are still aiming for two 15 min- ute walks every day. Try walk briskly on at least one of them.	30 mins Aim for a 30 minute walk each day. Do your best to include brisk walking into this 30 minutes.
Sat/ Sun	Go for a walk to visit a friend or use a nearby park for a walk.	20-25 mins Try a slightly longer walk in pleasant streets, a park or in nature.	25-30 mins Do at least one walk of 25 to 30 minutes in nice surroundings. Do your best to include brisk walking.	30 mins Try walk briskly for 30 minutes on your weekend walk.	30-45 mins Try a longer walk of up to 45 minutes, one day a week. Look for a pleasant area to do this walk, relax and enjoy.	45-60 mins Now you are a fit and healthy walker, enjoy your new found freedom by walking further from home.







Walking Plan B

For those who are already walkers or achieve moderate amounts of physical activity. This plan is designed to help you use walking as your primary form of exercise and to get fit. This plan is also suited to those who wish to lose and maintain weight loss. Find a friend to do this walking plan with you!

Week	1-2	3-4	5-6	7-8	9-10	11-12	
Mon - Fri	30 mins Walk for 30 minutes each day of the week.	35 mins Walk for 10 minutes at a moderate pace to warm up. Add 5 minutes of brisk walking, followed by 10 minutes of steady paced walking. Complete this 5 minute brisk walking followed by 5 minutes moderate pace again.	40 mins Walk for 10 minutes at a moder- ate pace to warm up. Add 10 minutes of a brisk pace, followed by 5 minutes of a steady pace. Complete this 10 minutes brisk pace and 5 minutes walking again.	37 mins Walk for 10 minutes at a moderate pace to warm up. Add 10 minutes of a brisk pace, followed by 2 minutes of a steady pace. Complete this 10 minutes brisk pace again and finish with 5 minutes walking steady again.	37 mins Walk for 10 minutes at a moderate pace to warm up. Add 10 minutes of a brisk pace, followed by 2 minutes of a steady pace. Complete this 10 minutes brisk pace again and finish with 5 minutes walking steady again.	47 mins Walk for 10 minutes at a moderate pace to warm up. Add 15 minutes of brisk pace, followed by 2 minutes of a steady pace. Complete this 15 minutes brisk pace again and finish with 5 minutes walking steady again.	
	60 mins Try a longer walk on one day of the week. Walk in pleasant sur- roundings so you can relax and enjoy the walk.	60 mins Try get in a 60 minute walk on one day of the week. Walk in a nice location and let it be your reward.	60 mins Ask a friend or family member to join you for a 60 minute walk. Walking and talking makes time fly.	60 mins Do your best to get into nature for your 60 minute walk, one day a week. Take time to relax.	60 mins Try find new walking locations for your 60 minute walk. A change of scenery can be as good as a break.	Have you heard of parkrun? Find a frien to join you at parkrun. Don't worry you can walk at these event	







Good posture is a key element of fitness walking because:

Walking with your head and shoulders' forward means less effort, less energy expenditure - and fewer calories burned! By contrast, when you walk with head up, shoulders back, and trunk vertical, you work harder every step you take and burn 10-15% more calories than with a forward lean.

When you walk with head and shoulders tilted forward you step heavier. This plodding action puts pressure on the joints of your ankles, knees, hips and lower back. Good posture relieves a lot of this pressure.

1. heads up! slowly raise your head so that you are focusing into the horizon and your chin is parallel with the ground. As you do, you will find your steps feel lighter.

This simple action will significantly reduce the amount of thump in your step and impact to your ankle, knee and hip joints.

2. shoulders up, back and down! slowly lift your shoulders, roll them back, and lower them into a relaxed position (up, back. and down!).

You will find that you are landing on your heels and not flat-footed as before.

FINDING A WALKING GROUP

Walking in a group can really help you to get started, stay motivated and enjoy walking. To find a walking group in your area check out our 'Supports Near You' page.

You could also keep an eye on your local papers and newsletters or on notice boards in your area for details of any walking groups nearby. Social media sites are also worth checking out.



It can be fun and an adventure looking for walks as you get to discover places you never knew existed.

Generally you are looking for walks that are more-or-less on the flat.

Do you know somebody in the area who walks and knows the locality? Perhaps they can give you some tips and ideas.

For those living in a rural area

Are there quiet local roads and lanes around that could be used?

Is there a public forest nearby with signposted routes where you could walk?

Is there a river or canal in the vicinity where you could include a section along the banks?

Do you have a local sports club or GAA pitch in the area which you could walk around? If it is floodlit, could you walk there at night? Do you have any of the Irish Heart Foundation's Slí na Slainte routes? Check out www.irishheart. ie to see if there is one in your area. They are easy to follow and mostly have signs at 1km intervals.

Why not check out www.irishtrails.ie to see if any walks are listed near you. Walks on this website have directional signage and are of different lengths, from a few hundred metres to many kilometres, and levels of difficulty, starting with family and buggy friendly on up through Easy and Moderate.

For those living in an urban area

Can you make up an interesting walk around local streets?

What about the local housing estates? Are there interconnecting passages or pathways between them you could use to link them up? Is there a park in the area with a network of paths inside where you could make a walk?

Why not check out the Get Ireland Walking Website for more information and support. You will find some great resources available at www.getirelandwalking.ie or contact the team on 01-6251109.



Jason King | National Programme Manager Get Ireland Walking | Mountaineering Ireland Irish Sport HQ National Sports Campus Blanchardstown, Dublin 15, Ireland





Choosing a Walking Shoe

Heel Counter The heel counter of the shoe should comfortably cup the back of your heel. Make sure that it feels nice and snug but not too tight.

Toe box The toe box is the part of the shoe that surrounds your toes. It's important that this part of the shoe allows your toes to move and bend freely. However, too much space can cause excessive shifting and ultimately, discomfort.

Outsole The part of your shoes that makes contact with the ground. Make sure that there are grooves or channels. These will help provide traction when you walk, and prevent slipping and falling.

Midsole Arguably the most important part of the shoe; the area between the upper part of the shoe and the outsole. Choose shoes with midsoles made from a material material that cushions and minimises impact.

Insole The soles of your feet should feel well-cushioned. It's crucial that your insoles shape well to your foot and are supportive because their job is to absorb the impact that your foot has on the

In the Shop..
Wear the socks you'll wear when you walk.
Ask the salesperson to measure both your feet. Most of us have one foot bigger than the other.
Buy for the bigger foot.
The salesperson should ask about your walking

ANATOMY OF A WALKING SHOE









Shoe featured: Skechers GoWalk



Breathability When you're walking and getting your heart rate up, your feet may sweat a little. Make sure to get a shoe that has a breathable membrane and also always wear breathable socks when you're walking. Shoes that trap the moisture in can cause painful blistering and general discomfort.

Trying on Shoes

Try shoes on at the end of the day. Everyone's ankles and feet swell at least some over the course of the day, so it's better to try on shoes in the late afternoon or evening than in the morning. It's better to get a shoe that feels a touch loose sometimes than one that's too tight.

Bring a pair of your own socks. To get a true idea of how a shoe fits, you'll need to try it on with whatever kind of sock you usually wear, whether that means high, low, thick, or thin socks

Measure your feet. Each time you go shoe shopping, you should measure your feet. The size of your feet can change slightly over time. Either measure your feet yourself with the shoe sizer that's in the store or have a friend, family member, or shop staff help you. Measure both feet while standing up. If one foot is larger than the other, look for a shoe that fits the larger foot well.

Do the wiggle test. When you put a pair of shoes on, wiggle your toes and see if you have enough space in them. You should have at least half an inch of room between the tip of your longest toe and the front wall of the toe box. If you don't, try going up a size.

Walk around the shop in the shoes. Once you've found shoes that feel comfortable and supportive, take a walk around the store in them.





Getting Started

You can lay the base for a lifelong running habit by following these simple training programmes, writes Lindie Naughton

THE GOOD NEWS is that a brisk walk, three times a week, is enough to get you started on a basic fitness programme that will then take you to the starting line of a 10K race in 16 weeks. This programme is based on the principle that you need to get fit to train and that's why the first 10 weeks are based on a combination of walking and running / jogging.







Phase 1

YOUR PATH TO FITNESS

Your first priority is to get fit to train. This can be as simple as taking a half hour stroll at least three times a week. Get used to being on your feet for that length of time; then try to walk a bit faster. If you can walk for half an hour and still feel ready for more, you're ready to get started on the training schedule outlined here.

Fit4Life and Meet and Train groups will also have beginners' groups that will start by running or walking hard for maybe 10 minutes, then taking a short break to stretch and then trying another five or 10 minutes. Joining your local group has a lot of advantages. The group leader will be able to assess your level of fitness pretty quickly and will fit you in with others at much the same level.

Even if you feel completely unfit and haven't done much more than walk to the shop for years, don't worry. You can do it; it just takes a bit of will and organisation. Don't forget that getting fit is not just about training regularly; it's also an attitude of mind. Every bit counts, so why not leave the car at home, walk the children to school one morning a week, go for a swim or pull that rusty old bike from the garage and use it.

Try to live your life as a good animal: get plenty of good food, drink lots of fluids, get a full night's sleep and use that body whenever you can. In the following schedule, start by walking fast and then in week three attempt to run and walk; in other words, run for maybe two minutes, then walk for two minutes until your 15 minutes are up. Try then to run for longer stretches with shorter walking breaks until you can run for the entire 15 minutes. One trick to help you keep running is to aim for something- maybe a tree in the distance or a particular car or shop.

Remember, it's never as hard as it seems. By now you should be able to run and walk for half an hour. If you keep running without stopping you are able to train seriously.

"You can do it; it just takes a bit of will and organisation."

WEEK	Mon	Wed	Fri	Sun	Level
1	15	15	20		Walk
2	15	20	30		Walk
3	15	15	18		Run/Walk
4	15	18	15	10	Run/Walk
5	20	10	18	15	Run/Walk
6	25	15	20	30	Run/Walk
7	20	25	20	35	Run/Walk
8	25	15	20	30	Run/Walk
9	20	25	20	35	Run/Walk
10	20	30	30	35	Run/Walk





Phase 2

UP AND RUNNING

The schedule rightmay appear too gradual to some, but the idea is to give you a taste for running which will last a lifetime. Too much too soon and you will quickly become mentally as well as physically tired. If at any stage you do feel tired, take a few days off or repeat a week. Make allowances for illness, family crisis, holidays, overtime or other extra stresses in your life. Flexibility in training is very important. If a late night has left you exhausted, don't make matters worse by heading off on an extra-long run. Take a walk instead or do nothing. If at any stage you suffer from breathlessness, dizziness or pains in your chest, stop running and see your doctor immediately.

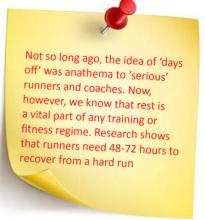
Phase 3 GETTING RACE FIT

By now, with a number of half-hour runs under your belt, you can be reasonably confident of finishing any 10K race. You will manage an extra mile or two on the day without too much bother. But why leave it to chance? The six week schedule below is based on covering twice the 10K (6.2 miles) distance in a week. In other words, it aims for a weekly mileage of 12 to 14 miles. Depending on your age and state of fitness, it should give you a 10K time of between 50 and 70 minutes. Your aim in your first race is simply to finish. Don't think about time; just enjoy the experience. Running a race over a shorter distance a few weeks earlier will help dispel start line nerves and get you used to the crowds and the atmosphere. If you're aiming for the VHI Women's Mini Marathon, why not sign on for the series of build-up races organised by Meet and Train and Fit4Life groups.

WEEK	MON	WED	FRI	SUN
1	15	15	18	
2	15	18	15	10
3	20	10	18	15
4	25	15	20	15
5	20	25	15	20
6	25	15	20	30
7	20	25	20	35
8	20	30	20	35

"Make allowances for illness, family crisis, holidays, overtime or other extra stresses in your life."

Week	Mon	Wed	Fri	Sun
1	2	4	3	3
2	2	4	2	4
3	2	3	2	5
4	2	4	2	5
5	2	6	2	4
6	2	2	2	6.2 (race)







Vary Your Training

Even if you're not particularly ambitious about your running, varying your training is good for the body and the mind. It helps ward off staleness. Here are some simple ways of adding variety to your routine:

SPEED SESSIONS

Head for the local football pitches and start with a 10- minute jog and some stretches, and then run three sides of the pitch at a faster pace than usual. Jog or walk the fourth side and then set off again. Start off by doing this four times, gradually bringing it up to six times. Then cool down with another 10-minute jog. This is a short session that would easily fit into a lunch break.

'LAMP POST' SESSIONS

On the road, why not try a 'lamp post' session? After your 10-minute jog to warm up, speed up for the distance between two lamp posts. Then jog for a similar distance. Next time, try three lamp posts and after that four and then six, before coming back down the 'pyramid'. This is a very adaptable session and as you get fitter, you can reduce your jog times or add more lamp posts.

HILLS

Find a hill that's not too steep. Run up the hill for 45 seconds. Note where you ended up, and after walking back to the start, repeat, trying to reach the same spot. This is a highly adaptable session: you can do your repetitions up steps or you can extend your time to a minute or even two minutes. Be warned: this kind of hill training is not for novices.

FARTLEK & TEMPO RUNS

Fartlek is the Swedish word for 'speed play'. This essentially involves speeding it up for a minute or so. Next time maybe sprint for 100m. After that try running hard for three minutes. If you run in a group, each member can lead for one of the fast bits. Tempo runs are also a good idea. On these, you warm up for a mile, then increase the pace for the next two, allowing yourself a cooldown mile at the end.



Couch to 5K Training Plan



Team Carrie Marathon Runners was established in 2010 by DAVID CARRIE to help friends and neighbours in and around Dunleer with dreams of completing a marathon. The

former international designed a unique training programme for all levels of ability.

This thriving community group has grown year on year – and has raised hundreds of thousands for charity

David provides simple and precise training schedules that will help you get the best out of yourself over shorter distances

This 'Couch to 5K' plan is a simple one for those starting out from the most elementary base.

Start off slowly No matter how keen you are to get going, take it steady

You will never regret giving yourself a nice, gradual introduction to running. If you're unused to exercise, it's all too easy to overstress your body and risk injury and loss of motivation. Take the long view, prepare properly and build your training gradually. Keep it fun and before you know it you'll start to reap the rich benefits! Walk and run Don't think of walking as a compromise or defeat; it's a vital part of the beginner's regime. Do what works for you; combine walking and running in alternate bursts, or on alternate days. Gradually increase the proportion of running until you are comfortable running all the way. Even then, don't lose sight of the value of walking as a supplementary exercise, especially if injury or illness makes running difficult or inadvisable

Listen to the body Be attentive to any signs you are overdoing it or flirting with injury Running shouldn't usually hurt. Be sure to



get plenty of rest between runs. That way, your body can make the adaptations that bring improved strength and speed. Exercise shouldn't make you lose sleep or appetite. Although not every ache and pain should make you stop, be cautious and patient – and if in doubt, take time out

Concoct a plan As with anything that takes time, running can be difficult to fit into your busy schedule, so a little planning goes a long way. Luckily, the time you give to running should be more than made up in the extra energy, physical and mental, that results – so think of it all as an investment in personal efficiency

Let the people around you know that you're a runner, and use their encouragement as motivation.







Week 1

Monday: Walk 10 Mins Weds: Walk 10 Mins Friday: Walk 10 mins

Week 2

Monday: Walk 10 Mins Weds: Walk 10 Mins Friday: Walk 15 Mins

Week 3

Monday: Brisk Walk 15 Mins Weds: 1 Mile Pace Walk Track Sunday: Brisk Walk 20 Mins

Week 4

Tuesday: Walk 3 Mins Jog 30 Seconds

Repeat x4

Thursday: Walk 3 Mins Jog 30 Seconds

Repeat x4

Saturday: Walk 3 Mins Jog 45 Seconds

Repeat x4

Week 5

Monday: Walk 2 Mins Jog 1 Minute Repeat x4
Weds: Walk 2 Mins Jog 1 Minute Repeat x5
Saturday: Walk 2 Mins Jog 1 Minute Repeat
x6

Week 6

Tuesday: Walk 2 Mins Jog 1 Minute 30 Secs

Repeat x4

Thursday: Walk 2 Mins Jog 1 Minute 30 Secs

Repeat x5

Saturday: Walk 1 Min Jog 1 Minute 30 Secs

Repeat x4

Week 7

Monday: Walk 1 Min Jog 2 Mins Repeat x5
Weds: 1 Mile Pace/Walk/Jog
Friday: Walk 1 Min Jog 2 Mins Repeat x5

Week 8

Tuesday: Walk 1 Min Jog 3 Mins Repeat x4
Thursday: Walk 1 Min Jog 3 Mins Repeat x5
Sat: Walk 1 Min Jog 5 Mins Repeat x2

Week 9

Tues: Walk 1 Min Jog 4 Mins Repeat x4
Thursday: Walk 1 Min Jog 4 Mins Repeat x5
Sunday: Walk 1 Min: Jog 2k: Walk 1 Min:
Jog 1k

Week 10

Monday: Walk 1 Min Jog 5 Mins Repeat x4
Weds: Walk 1 Min Jog 5 Mins Repeat x5.
Thurs: Happy St Patricks Day
Sat: Walk 1 Min: Jog 2k: Walk 30 secs: Jog 1k

Week 11

Monday: Walk 1 Min Jog 5 Mins Repeat x5
Weds: Pace Mile Jog
Saturday: Warm-up Jog 3k Cool Down

Week 12

Tuesday: Walk 1 Min Jog 8 Mins Repeat x2
Thursday: Warm: up: Jog 10 Mins: Walk 1
Min: Jog 10 Mins
Sunday: Warm up: Jog 4k: Cool Down

Week 13

Tuesday: Warm up: Jog 10 Mins: Walk 1 Min: Jog 10 Mins

Thursday: Warm up Jog 15 Mins Cool Down
Sunday: 5K Race

Relax-Smile and Enjoy a Fantastic Day!

stretches for runners

1

Active Hamstrings Stretch

Lying on back as shown.
Hip and knee bent to a 90 degree angle. Grasp the lowe thigh. Slowly straighten the knee keeping the 90 degree angle at the hip. Hold for 2 seconds and repeat 10 times per leg.

Muscle Stretched
Posterior Deltoid

Bring the arm to be stretched horizontally across your body. Use your opposite elbow to hold in position as shown. You should feel a comfortable stretch along the back of your shoulder. Hold the stretch for 30-45 seconds and repeat.





Muscles Stretched: Gluteals

Lying on your back, cross the leg to be stretched over your opposite knee as pictured. Grasping the back of the knee to bring your ankle towards your face. Keep your head, shoulders and trunk relaxed and flat on the floor. You should feel a gentle stretch in your gluteals. Hold for 30-45 seconds and repeat

3

Muscle Stretched Triceps

Reach overhead with the arm to be stretched. Fully bend the elbow as if you were trying to reach your shoulder blade. With the opposite hand apply pressure to pull the elbow backward behind your ear. Hold 30-45 seconds and repeat.



5

Iliotibial Band Foam rolling

Lie on side with foam roll as shown. Cross top leg over lower leg for support. Slowly roll from upper portion of outer thigh, to knee; apply pressure on tender spots for 30 seconds.



6



Muscles Stretched: Hamstrings

From a kneeling postion - extend the leg to be stretched in front of the body as shown. Keeping the knee straight, slowly reach forward, attempting to touch the toes, until you feel a comfortable stretch at the back of your thigh. Hold for 30-45 seconds and repeat.

stretches for runners

Muscles Stretched: Ouadriceps

Standing on opposite leg and holding onto an object/training partner for balance. Bend the knee to be stretched as much as possible - Use your arm to pull further towards your buttock as shown. You should feel a comfortable stretch on the front of the thigh. Make sure you keep your abdominals tight throughout the stretch and do not allow your low back to arch. Hold for 30-45 seconds and repeat.



Muscles Stretched: Gastrocnemius

Take a long stance as shown at roughly arms distance from a wall, chair or training partner. Ensure that both feet are facing forward and not rotated. Slowly move your hips forward keeping your torso in line with the back leg, the back knee straight and heel of the back foot firmly on the floor. You should feel a comfortable stretch in the calf of your back leg. Hold for 30-45 seconds and repeat.



Muscles Stretched: Psoas & Rectus femoris

Assume a half kneeling position as shown with a the knee of the leg to be stretched on the floor or and the arm on the side to be stretched raised overhead. Tighten the abdominals to keep the spine in a neutral position and bring the hips forward. Do not allow your back to hyper extend. You should feel a comfortable stretch along thee front of your lower abdomen and upper thigh Hold for 30-45 seconds and repeat..



Muscle Stretched

Soleus

Standing with feet shoulder width apart take a comfortable step forward [approximately 12-15 inches]. Using a wall, chair or training partner for balance, slowly sink your weight onto your back leg, bending the knee as you do so. You should feel a comfortable stretch in the calf f of your back leg. Hold the stretch for 30-45 seconds and repeat.

THE IRISH SOCIETY OF CHARTERED PHYSIOTHERAPISTS

The Irish Society of Chartered Physiotherapists (ISCP) is the professional representative body in the Republic of Ireland for over 3,000 Chartered Physiotherapists and is the sole Irish body recognised by the World Confederation for Physical Therapy (WCPT).

The **CPSEM** is the clinical interest group of the ISCP that is directly involved in Sports medicine. Our members are especially interested in the prevention and rehabilitation of sports injuries and work with athletes of all levels. As all of our members are Chartered you can be sure that your physiotherapist has the high level of education, knowledge and experience needed to give quality and effective treatments.

Our members can help you:

- Choose the right sports activities for you
- Prescribe exercises to strengthen your weak areas
- Plan your exercise routine
- Manage your sporting injury

If you have any injury concerns it is important to stop your exercise activity and seek advice. The sooner you get your injury checked out, the sooner your Chartered Physiotherapist will be able to help you return to training.

More information on Physiotherapy can be found at **www.iscp.ie**, or by contacting the **ISCP** at **01 402 2148.**

Your local Chartered Physiotherapist working in Sport can be found in the Golden Pages or online at **www.iscp.ie**





Avoiding Injuries

Most injuries can be avoided by taking some basic precautions, writes Lindie Naughton

Runners love talking about their injuries, however trivial. When you start running it's almost inevitable that some small niggle will have you rushing for the icepack. The trick is to know when one of those 'niggles' is serious. As you become experienced, you will know if you're running into trouble.

At that point it's worth taking a few days off. If you don't, you're liable to miss a couple of weeks later on. Head for the swimming pool, take out that bike, go to the gym, walk, but don't run. With a little luck, the niggle will simply go away. Running too much, too fast, too soon, causes most injuries. Those who build up their mileage carefully should suffer no such sethacks.

Calf muscle and Achilles tendon

One problem that often arises with beginners is stiff calf muscles. If you wear high-heeled shoes, you're a very likely candidate for a calf injury, and your Achilles tendon, the large tendon that joins the leg and the heel, is also at risk. That's why it is so important to stretch out your calf muscles every day. You can then strengthen the area by rising on to your toes one foot at a time, holding that position for a count of five and then lowering about 10 times. It's even better if you can do this exercise on a step.

Runner's knee

Another common problem is runner's knee. You'll know you have this if you find going up and down stairs is agony and feels as if something is grating inside the knee joint. Runner's knee is caused when the kneecap is

unstable. A week off will usually clear up the problem, but you must work hard to build up the muscles around the knee. The easiest way of doing this is by simply clenching the thigh muscles as you stand for a count of five as often as you can. Sitting on the ground, with the legs straight out in front of you, lifting the offending leg up and then holding for a count of five is another good way of helping to strengthen the entire knee area.

Shin splints

If you run a lot on the roads, you may suffer from shin splints — a burning feeling on the front of the legs. At their worst, shin splints can develop into stress fractures; in other words, at least three months off running. So don't get them in the first place. Run on grass and in well cushioned-shoes. To help ward off the problem, practise walking on your heels backwards, keeping your toes in the air.

Stretching

Stretching is one way to help prevent injury. A weekly visit to the gym or an aerobics class helps build overall suppleness and strength training is also well worth trying. It is important to change your shoes regularly. If the soles are any way worn down, or the uppers look distorted, throw them out. A year is too long for a pair of running shoes, especially if you run on the roads. Try to change your shoes every four to six months. If you find a pair of shoes that suits you, buy two pairs and alternate them.

Cramps, stitches and blisters

Less serious problems encountered by runners include cramps, stitches and blisters. Cramps, attributed to a lack of vital salts in the body, usually occur in hot weather and can be very painful. Get someone to help you





stretch out the offending part of your body. For example, if it's your calf muscle, lie down and get them to lift your leg and get them to force it to strengthen by pushing your foot at the toes in the direction of your body. Cramps can usually be avoided by drinking plenty and eating lots of fruit in warm weather.

Stitches are a spasm of the diaphragm caused by faulty breathing and posture. If you feel a stitch coming on, concentrate on breathing in and out in a relaxed manner, counting to eight each time. If that doesn't work, stick your fingers into the area of the stitch, lean over and blow hard. Repeating this a couple of times usually works. If it doesn't, you may have to stop running for a while until the stitch goes away. Warm weather and sweaty feet are the perfect recipe for blisters. If you suffer from blisters, try putting petroleum jelly on your feet.

Colds

Some people survive their entire careers without getting injured. But few escape the ravages of the aptly named common cold. When you start running, you'll be putting added stress on your body, so don't be surprised if you pick up a bug. If you do get a cold, you probably will want to continue running and it probably won't do you any harm. But if the cold is in any way bronchial, stay indoors, wrap up warm and drink plenty of fluids.

"Running too much, too fast, too soon, causes most injuries. Those who build up their mileage carefully should suffer no such setbacks."

A dose of vitamin C when you feel a cold coming on can sometimes prevent it getting any more serious. But generally, once a cold sets in, you'll be stuck with it for about a week. Rest is the only cure and indeed is often the best preventative.

If you have any injury niggles take an early course of action and make an appointment with your local Chartered Physiotherapist – The fully qualified professional who can provide the necessary treatment. More information on Physiotherapy can be found at www.iscp.ie, or by contacting the ISCP at 01 402 2148.



ishka Fit4Life

Listen to Your Heart

THE UBIQUITOUS HEART MONITOR CAN BE THE KEY TO A SOPHISTICATED, PERSONALISED TRAINING PROGRAMME, SAYS JOE WARNE

Heart rate monitoring can be a relatively cheap and painless way to assess your training on a day-to-day basis. Heart rate monitors typically use a chest strap system that can easily measure how easy or hard your heart is working. This information is typically used to make sure athletes don't run too fast during the recovery runs in training, as this increases the chance of overtraining or injury, but you can use your heart rate monitor for a lot more than that.

First, let's look at why heart rate is such a good indicator for monitoring exercise. As you increase your activity level, the working muscles demand more oxygen and fuels. This results in the heart beating harder (to increase the volume of blood output), and faster (to increase the amount of times blood is pumped out). The heart can only beat harder to a very limited extent, which means that as the demand for blood distribution around the body increases, the best tactic is for heart rate to increase. This means that heart rate is a great way to monitor the intensity of exercise, or how hard YOUR body is working. Scientists have found that heart rate increases at the same rate as VO2, or the volume of oxygen being inhaled, and also in correlation with the amount of blood lactate that we produce (which is one of the most accurate ways of looking at training intensity).



As I have already mentioned, the most popular use for a heart rate monitor is to make sure that easy runs are not taken too hard, as this pushes the body into unmanageable intensities that delay or hinder recovery. However, using your heart rate monitor to define zones for all of your training can bring you to a whole new level of training that is specific to YOUR body.

Ideally, scientists have suggested, our training should be balanced in a 80/5/15% ratio. That's 80% easy recovery running or aerobic development; 5% in your 'tempo' zone, holding moderate running speeds for extended periods of time; and about 15% as high intensity intervals or work close to your race pace. Many coaches and training philosophies attempt to change these proportions in some way or another (for example, the Arthur Lydiard training theory would reduce the high intensity work with more 'tempo'- like efforts), but this is a good place to start.

If we then break these training intensities into zones, we end up with four regions; the 80% easy running or aerobic development can be divided into 1)very easy active recovery, and 2) aerobic development running over long distances. We then have 3) our 'tempo' zone, and 4) the lower limit for high intensity interval workouts.





"Heart rate is a great way to monitor the intensity of exercise, or how hard YOUR body is working."

Zone 1:

Active recovery running

Zone 2:

Normal run pace

Zone 3:

Tempo

Zone 4:

Interval training

So how do we work out our individual training zones? The first (and hard) part is to determine your maximal heart rate. Often people do this by subtracting their age from 220, but this method is very loose and can often be as much as 10-15 beats away from the actual max heart rate. To be really accurate you would need to use a clinical stress test supervised by a cardiologist or physiologist. This isn't always possible, so there are several solutions (note – if you are unused to high intensity exercise or have any concerns, please see your physician before attempting any max testing on your own);

Find a treadmill – after a good warm up of 15 mins, start at a moderate pace and gradually increase the incline of the treadmill until you just can't run anymore. This should ideally take between 8 and 12 minutes. Note your heart rate maximum during the test when you are about to stop.

Use a steep hill; longer than 2 minutes. After a good warm-up, complete five intervals running up the hill. The first should be a pace you could hold for 20 minutes or more, the second slightly faster, and so on. The last should be an all-out effort. Keep any eye on your heart rate and you will get a good idea of your max on the last repetition.

And so you will have a maximal value, it might be worth repeating this test more than once and seeing if your max heart rate changes at all, since heart rate can fluctuate day to day and be a few beats off. All that is left to do is determine your training zones, and to do this you need to work out your resting heart rate too. This is best done first thing in the morning when you are not yet out of bed, and is typically between 40 and 70 beats per minute.

And there you have it; a personalised training plan that is specific to your own fitness and ability. Remember to re-test your zones every 8-10 weeks, as these will vary with changes in fitness. Also remember that heart rate will change slightly from day to day, so don't get too caught up in small differences, or in trying to be too precise. This also applies during workouts, since fatigue will cause a heart rate 'drift', so be prepared to see it vary from time to time.

CALCULATING YOUR ZONES:

(MAXIMAL HEART RATE - RESTING HEART RATE) X ZONE (eg 0.60 for zone 1) + resting heart rate).

SO FOR EXAMPL

175 - 42 = 133, 133 X 0.60 = 80,

80 + 42 = 122 BEATS PER MIN (ZONE 1)

ZONE 1: 60 TO 70 %; ACTIVE RECOVERY RUNNING; VERY COMFORTABLE EFFORT

ZONE 2: 70 TO 80 %; NORMAL RUN PACE; COMFORTABLE ENOUGH TO HOLD A CONVERSATION

ZONE 3: 81 TO 93%; TEMPO PACE; COMFORTABLY HARD EFFORT, BROKEN CONVERSATION POSSIBLE

ZONE # 94 TO 100%; INTERVAL PACE; HARD EFFORT, NO CONVERSATION, BUT THE PACE CAN BE HELD FOR A MAXIMAL 3 OR 5KM EFFORT.





COREVALUES

Leg strength and running economy depend intimately on the state of the torso, which is something no runner should forget, writes JEN FEIGHERY

While toned abs may not be the aim for most runners, focusing on core strength is of utmost importance and results in many benefits.

By core, we mean the lower back and abdominal area, where around 30 separate muscles join the back, hips and stomach.

The goal is to build a running core that allows muscles and joints to work at optimum level and in tandem. A strong core improves running posture and speed. What many runners fail to realise is that limb strength is intimately connected to torso strength. Your arms and legs stem from your core.

A stable torso is key for every distance runner because it keeps you upright as you tire. It allows

pelvis, hips and lower back work together more smoothly, improving overall running economy. Core strength significantly improves balance, helping the body recover quickly from impact with uneven surfaces.

Toward the end of a long run, fatigue is inevitable, and it is then that the body slows down and opens up to potential injury. Lumbago is a common complaint with runners during the latter half of marathons; building up the core maintains posture and staves off discomfort.

Remember, as with all things connected to running, the key is to build up slowly. Set aside time for regular core strengthening. Here are five exercises to set you on your way.

MOUNTAIN CLIMBER





- Get in the push-up position with arms directly under shoulders. Contract abs. Pull right knee toward right arm.
- 2. Extend right leg back to the starting position and bring left leg toward your left arm. Feet touch the ground only at the starting position.
- 3. Do three sets of 20.

SUPERMAN WITH KNEE TUCK





- 1. Kneel on all fours, knees under hips, hands beneath shoulders. Maintain small inward curve in lower back, keep both hips facing the ground.
- 2. Extend right leg out behind body, kneeling on left leg.
- Slowly raise right heel up to buttock height, keeping right toes pointed to the ground. Slowly raise left arm out in front, keeping bicep close to your ear. Once balanced, bring left elbow to meet right knee. Push back to starting position.
- 4. Do three sets of 15, left and right.





FRONT PLANK WITH LEG LIFT



- Lie on stomach with arms bent, palms and forearms on the ground, fingers pointed forward, leas extended, and toes tucked under.
- 2. Work back and abs by contracting core muscles and slowly lifting your entire torso off the floor, keeping palms, forearms, and toes on the ground. Avoid arching lower back, hiking hips upward, or shrugging shoulders.
- Slowly raise one foot off the ground, maintaining a straight body, and hold. Change feet after 10 seconds
- Hold ten seconds with right leg raised, ten seconds with left foot raised, and ten seconds with both feet on the ground.

SIDE PLANK



- Lie on your side, in a straight line from head to foot, resting on a forearm with the elbow directly under the shoulder. With abdominals gently contracted, lift your hips off the floor, maintaining the line.
- To advance the move (which is optional), raise one leg to hip height and hold. It's important to keep your hips square and your neck in line with your spine.
- 3. Hold each side for 30 to 45 seconds and do four sets, two left and two right.

BOAT POSE WITH TOE TAPS



- 1. Sit with knees bent and together, feet slightly off the floor. Reach your arms forward and shift your weight onto your sit bones. Draw your abs in tight and lift your chest.
- 2. Straighten the legs as much as you can (forming



- a V shape with your body). Once balanced, flex your feet pointing away from you. Tap the ground with your right foot, keeping the left in the air. Return to the starting position and change foot.
- 3. Do three sets of 10 taps.





Watch how you diet!

Freda Molamphy debunks the value of dieting and offers a few basic rules for effective fat-loss

Imagine having to race or train carrying a 101b weight. This is what runners with excessive body fat have to do.

Bodyfat for elite male athletes ranges from four to eight percent of bodyweight, while that of elite females ranges from eight to fifteen percent. The bottom line is that the more bodyfat you can pare off while maintaining muscle and general good health, the better your performance.

Severe dieting to lose weight and bodyfat can, however, do more harm than good. Many endurance runners who restrict food intake can have low levels of protein, vitamins A and B, iron, zinc, calcium and magnesium. Women are more likely to restrict calorie intake in an effort to lose weight.

"The bottom line is that the more bodyfat you can pare off while maintaining muscle and general good health, the better your performance."

Why diets don't work

They are focused on reducing weight rather than reducing bodyfat gradually.

They strip off vital muscle, which is the major component that burns fat in the first place. The less muscle you have, the harder it is for the body to burn fat for energy.

They take off weight too quickly, thereby inducing a defensive, fat-preserving response in the body.

Some diets are designed to partially dehydrate the body in order to achieve quick results. The smallest percentage of dehydration is bad for health and athletic performance.

Diets stimulate the body to

accumulate fat once the diet stops.

The ideal weight-reduction plan would lower bodyfat only while retaining muscle and body water.





Six rules for effective fat-loss

Lose no more than eight ounces of fat per week. Your body will always try to hold on to its fat and will react to any attempt at losing fat too quickly by slowing down metabolism, increasing fat-storage and increasing appetite. Lowering fat levels little by little allows the body to adjust to small changes without negative reactions.

Get bodyfat levels measured every two to three months to ensure you are losing fat and not valuable muscle. Regular weight-training will help maintain muscle strength.

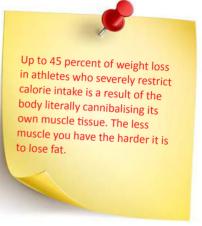
Avoid saturated fats. Too much carbohydrates or proteins actually promote glycogen storage in the muscles and increase the use of protein or sugar for fuel. But when excessive saturated fats are eaten, they are simply layered onto hips, thighs and stomach as fat without undergoing any metabolic changes. These types of fat include meat fats, full-fat dairy products, salamis and cured meats,

Eat mainly complex carbohydrates. Every time you eat simple sugars, especially sugared drinks, blood sugar rises and causes a burst of insulin into the bloodstream. The liver then has to balance this insulin level by converting any excess into fats. The exception to this is during and directly after intensive training or competition. So, in order to keep your insulin production stable, eat complex carbohydrates, which are digested more slowly. Examples are cereals, wholemeal bread, pasta, brown rice, jacket potatoes, fresh fruit and vegetables.

Eat more fibre. It helps to regulate insulin by slowing down the digestion of sugars and fats. 30-50 grams of fibre per day encourages the body to use food for energy rather than convert it to fat. High-fibre cereals, porridge, wholemeal bread, dried fruit, peas, beans and lentils, fresh fruit and vegetables are all fibre rich.

Eat essential fatty acids daily. These types of fat are essential for overall good health and are found in oily fish such as salmon, mackerel, herrings and sardines. Olive oil and flax-seed oils are also good sources.









Choosing the Shoe for You

A good pair of specialised running shoes is the one truly essential piece of kit involved in the sport – the only thing between you and the road, in more ways than one. There are significant differences between one pair of feet and another, not only in size and shape, but also in the way they operate.

The most important area of difference between one running action and another is in the action known as pronation. Pronation is actually the normal rolling movement of the foot from the outside of the heel as it strikes the ground to the ball of the foot as the heel lifts and your body moves forward. That motion is central to the absorption of shock, and when, in some runners, it is overemphasised or under-emphasised, it can lead to a range of injuries, particularly in the lower leg and knee.

Detecting any tendency to over-pronate or under-pronate is crucial to choosing the right shoe.



ANATOMY OF A SHOE



MIDSOLE







Shoe featured: Brooks Levitate

LACING SYSTEM

GROOVE



Check your feet with the wet footprint test

NORMAL FOOT

Take a look at the shape your wet foot leaves on a wooden floor. The normal foot shows heel and forefoot connected by a broad band to the ball of your foot.

Needs: Flexibility, cushioning and support – perhaps combination-lasted shoes.

FLAT FOOT

Because this foot has a low arch with almost the entire sole in contact with the ground, the owner will likely tend to over-pronate. Injuries often related to this will occur around the ankle or knee.

A flat foot may require extra support and sometimes a motion control category shoe may be required. Motion control shoes generally are firmer, stiffer and feel more rigid. Needs: Good support, stability – perhaps even straight-lasted.

HIGH ARCH

Little or no connecting strip between heel and forefoot shows in the print. The high arch usually shows a good structure and ankle support and therefore requires little or no support under the arch. Neutral shoes can sometimes be lighter, more flexible and slightly curved.

Needs: Flexible shoes, good cushioning-perhaps slip-lasted shoes or flexible combination shoes.





A reasonable level of physical fitness is something we all desire.

One of the most natural and effective ways to achieve this is through walking and running. Athletics Ireland has developed a programme called Ishka Fit4Life which is aimed at people who would like to run and walk on a regular basis. Ishka Fit4Life programme is organised by athletic clubs throughout the country and it is open to people of all ages fitness, levels and abilities. The following clubs currently participate in the Ishka Fit4Life programme...

Fit4Life Clubs

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WaterfordWaterford A.CBrea Cookebcooke@waterfordcoco.ie0863815881WaterfordWest Waterford A.CJames Vealejveale@cablesurf.com0868184762WestmeathAIT A.CGordon Brettgbrett@ait.ie0879248139WestmeathMullingar Harriers A.CMatthew Glennonkglennon94@gmail.com0862743119WexfordDMP A.CDermot McGuinnessdmpathletics@gmail.com0539142889WexfordUnited StridersEmiel Heynenmheynen@utvinternet.com0876383816WexfordKilmore A.CMary Kehoembc_kehoe@yahoo.co.uk0877564888WicklowInbhear Dee A.CEithne Walshettiewalsh@eircom.net0879880518WicklowKilcoole A.CPeter Gibneypetervgibney@gmail.com0868103666WicklowBray RunnersAoife Sweeneybrayrunners@gmail.comWicklowGreystones & DistrictTheresa Kinanetheresa@athleticswicklow.com0868635797	Tipperary	Dooneen A.C	Tracey Johnson	tracey_roche@hotmail.com	0876989493
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WEEK	1			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS

WEEK	2			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"It is not so much that I began to run, but that I continued."- **Hal Higdon**

WEEK	3			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	4			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS





WEEK	5			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS

WEEK	6			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS



"Fitness has to be fun. If it is not play, there will be no fitness. Play, you see, is the process. Fitness is merely the product." - **George Sheehan**



WEEK	7			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	8			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





WEEK	9			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS

WEEK	10			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS



"In short, running can change your entire outlook on life and make a new person out of you."



- Mark Bloom, The Runner's Bible.

WEEK	11			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ents

WEEK	12			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS





WEEK	13			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS

WEEK	14			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS



"I try not to get too caught up in thinking about the task ahead. I just do what has to be done. I have the belief in myself that what I'm doing is right. Then I let the rest happen." - **Eamonn Coghlan**



WEEK	15			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	16			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS





WEEK	17			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS

WEEK	18			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS



"Success rests in having the courage and endurance and, above all, the will to become the person you are, however peculiar that may be." - George Sheehan



WEEK	19			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
			_	71
MON				
TUE				
WED				
THU				
1110				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS

WEEK	20			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





WEEK	21			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS

WEEK	22			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS





"Man imposes his own limitations, don't set any"

- Anthony Bailey

WEEK	23			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	24			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS





WEEK	25			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS

WEEK	26			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"It is a rough road that leads to the heights of greatness"

- Seneca

WEEK	27			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS

WEEK	28			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS





WEEK	29			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS

WEEK	30			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"Vision without action is a daydream. Action without vision is a nightmare." - **Japanese Proverb**

WEEK	31			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	32			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





WEEK	33			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	ents

WEEK	34			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"The greatest pleasure in life, is doing the things people say we cannot do." - **Walter Bagehot**

WEEK	35			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	36			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS





WEEK	37			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS

WEEK	38			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"The miracle isn't that I finished...The miracle is that I had the courage to start." - **John Bingham**

WEEK	39			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	40			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS





WEEK	41			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS

WEEK	42			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"My feeling is that any day I am too busy to run is a day that I am too busy." - **John Bryant**

WEEK	43			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	44			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS





WEEK	45			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS

WEEK	46			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"Tomorrow is another day, and there will be another battle!" -Sebastian Coe

WEEK	47			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	48			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ents





WEEK	49			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	IENTS

WEEK	50			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			COMM	IENTS





"Our greatest glory is not in never falling, but in rising every time we fall." - **Confucius**

WEEK	51			FROM: TO:
Day	Hour	Miles	Time	Type of Training / Conditions
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL			СОММ	ENTS

WEEK	52			FROM:	ГО:
Day	Hour	Miles	Time	Type of Training / Condit	ions
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
TOTAL			COMM	ients	





What is the Fit4Life Programme?

Fit4Life is a recreational running programme available in many athletics clubs around Ireland. This initiative is supported by Sport Ireland and is based upon the "meet and train" model. There are groups located nationwide for people who may be interested in running with like-minded people in an organised setting. The ethos is very much participative and people are encouraged to get fit in manner that suits them in a social

environment

Fit4Life leaders provide advice, guidance and encouragement to assist members in their fitness journey. New members often start by walking or combining walking with jogging. They gradually build confidence and fitness until they are able to continually jog. The participant may then decide to maintain this level or indeed aspire to undertake the challenge of 10K or further.

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