

GET RACE READY

BIOFREEZE
COOL THE PAIN

5 MILE

PROGRAM

BIOFREEZE IRISH RUNNER 5 MILE: SUNDAY 23RD JUNE, PHOENIX PARK



5 WEEK RUN PROGRAM

COMPLETE YOUR FIRST 5 MILE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	30 MIN RUN EASY	REST & STRETCH	10 MIN RUN EASY 3 MIN TEMPO 1 MIN EASY (X3) 10 MIN RUN EASY	40 MINUTE WALK/CROSS TRAIN EASY	REST OR RECOVERY WALK	5KM OR 3 MILE RUN EASY	REST
WEEK 2	35 MIN RUN EASY	REST & STRETCH	3.5KM OR 2 MILE JOG/RUN	45 MINUTE WALK/CROSS TRAIN EASY	REST OR RECOVERY WALK	6KM OR 3.5 MILE RUN EASY	REST
WEEK 3	40 MIN RUN EASY	REST & STRETCH	10 MIN RUN EASY 5 MIN TEMPO 2 MINS EASY (X 2) 10 MIN RUN EASY	50 MINUTE WALK/CROSS TRAIN EASY	REST OR RECOVERY WALK	6.5KM OR 4 MILE RUN EASY	REST
WEEK 4	45 MIN RUN EASY	REST & STRETCH	3.5KM OR 2 MILE JOG/RUN	60 MINUTE WALK/CROSS TRAIN EASY	REST OR RECOVERY WALK	7KM OR 4.5 MILE RUN EASY	REST
WEEK 5	30 MIN RUN EASY	REST & STRETCH	10 MIN RUN EASY 5 MIN TEMPO 3 MIN EASY (X3) 10 MIN RUN EASY	30 MINUTE WALK	REST OR RECOVERY WALK	REST	RACE DAY 