

GET RACE READY

BIOFREEZE
/// COOL THE PAIN

5 MILE

PROGRAM

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



5 WEEK RUN PROGRAM

RUN YOUR FASTEST 5 MILE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	5KM OR 3 MILE RUN MODERATE	REST & STRETCH	10 MIN RUN EASY 5 MIN TEMPO 3 MIN EASY (X4) 10 MIN RUN EASY	1 MILE EASY 1 MILE TEMPO 1 MILE EASY	REST OR RECOVERY WALK	11KM OR 7 MILE DISTANCE RUN EASY	REST
WEEK 2	5.5KM OR 3.5 MILE RUN MODERATE	REST & STRETCH	10 MIN RUN EASY 5 MIN TEMPO 2 MIN EASY (X6) 10 MIN RUN EASY	5 MILE RUN MODERATE	REST OR RECOVERY WALK	13KM OR 8 MILE DISTANCE RUN EASY	REST
WEEK 3	6.5KM OR 4 MILE RUN MODERATE	REST & STRETCH	10 MIN RUN EASY 8 MIN TEMPO 3 MIN EASY (X3) 10 MIN RUN EASY	4 MILE RUN TEMPO	REST OR RECOVERY WALK	16KM OR 10 MILE DISTANCE RUN EASY	REST
WEEK 4	7KM OR 4.5 MILE RUN MODERATE	REST & STRETCH	10 MIN RUN EASY 8 MIN TEMPO 2 MIN EASY (X4) 10 MIN RUN EASY	1 MILE MODERATE 2 MILE TEMPO 1 MILE MODERATE	REST OR RECOVERY WALK	11KM OR 7 MILE DISTANCE RUN EASY	REST
WEEK 5	8KM OR 5 MILE RUN MODERATE	REST & STRETCH	1 MILE EASY 1 MILE TEMPO 1 MILE EASY	REST OR RECOVERY WALK	3 MILE RUN EASY	REST	RACE DAY 