

GET RACE READY

BIOFREEZE
/// COOL THE PAIN

5 MILE

PROGRAM

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



5 WEEK WALK PROGRAM

WALK 5 MILES IN 5 WEEKS

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	30 MINS WALK - EASY	REST	25 MINS WALK - STEADY	REST & STRETCH	5KM OR 3 MILE DISTANCE WALK - EASY	REST	REST
WEEK 2	40 MINS WALK - EASY	REST	30 MINS WALK - STEADY	REST & STRETCH	6KM OR 3.5 MILE DISTANCE WALK - EASY	REST	REST
WEEK 3	65 MINS WALK - EASY	REST	60 MINS WALK - STEADY	REST & STRETCH	6.5KM OR 4 MILE DISTANCE WALK - EASY	REST	REST
WEEK 4	80 MINS WALK - EASY	REST	70 MINS WALK - STEADY	REST & STRETCH	7.5KM OR 4.5 MILE DISTANCE WALK - EASY	REST	REST
WEEK 5	8KM OR 5 MILE DISTANCE WALK - EASY	REST	70 MINS WALK - STEADY	REST & STRETCH	60 MINS WALK - EASY	REST	RACE DAY 