

GET RACE READY

BIOFREEZE
COOL THE PAIN

5K

PROGRAM

BIOFREEZE IRISH RUNNER 5K: SATURDAY 18TH MAY, PHOENIX PARK



4 WEEK RUN PROGRAM

RUN YOUR FASTEST 5K

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	5KM JOG - EASY	REST & STRETCH	1KM - EASY RUN 100M FAST & 100M SLOW X10 (2 SETS) 1KM - EASY	50 MINUTE WALK/CROSS TRAIN - EASY	REST OR RECOVERY WALK	6KM JOG - EASY	REST
WEEK 2	5KM JOG - EASY	REST & STRETCH	1KM - EASY RUN 100M FAST & 100M SLOW X10 (2 SETS) 1KM - EASY	50 MINUTE WALK/CROSS TRAIN - EASY	REST OR RECOVERY WALK	6KM RUN - 3KM - EASY & 3KM STEADY	REST
WEEK 3	5KM RUN - STEADY	REST & STRETCH	1KM - EASY RUN 100M FAST & 100M SLOW X10 (2 SETS) 1KM - EASY	60 MINUTE WALK/CROSS TRAIN - EASY	REST OR RECOVERY WALK	6KM RUN - 3KM - EASY & 3KM STEADY	REST
WEEK 4	6KM RUN - 3KM - EASY & 3KM STEADY	REST & STRETCH	1KM - EASY RUN 100M FAST & 100M SLOW X10 (2 SETS) 1KM - EASY	60 MINUTE WALK/CROSS TRAIN - EASY	REST OR RECOVERY WALK	RACE DAY 	