

GET RACE READY

BIOFREEZE
COOL THE PAIN

5K


PROGRAM

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



4 WEEK WALK PROGRAM

WALK 5KM IN 4 WEEKS

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	20 MINS WALK - EASY	REST	15 MINS WALK - STEADY	REST & STRETCH	3.5KM DISTANCE WALK - EASY	REST	REST
WEEK 2	20 MINS WALK - EASY	REST	25 MINS WALK - STEADY	REST & STRETCH	4KM DISTANCE WALK - EASY	REST	REST
WEEK 3	45 MINS WALK - EASY	REST	40 MINS WALK - STEADY	REST & STRETCH	4.5KM DISTANCE WALK - EASY	REST	REST
WEEK 4	5KM DISTANCE WALK - EASY	REST & STRETCH	50 MINS WALK - STEADY	30 MINS WALK - EASY	REST	RACE DAY 	

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