



SLIGO AC Queen Maeve 5K

Beginners 5k TRAINING PLAN WEEK 4

Terminology of Training Paces

- **Brisk Walk:** Faster than you would walk around town or to the shops (Breathing should be elevated but still comfortable and you should be able to talk relatively easily.)
- **(your walking pace after each bout of running should be brisk but at a pace that allows you to recover sufficiently before you next jog)**
- **Jog:** Gentle running (breathing should be noticeable but you should still be able to talk to someone without too much difficulty)
- **Easy Walk:** Walking at a slow pace comfortable to you to ensure complete recovery. This can be as slow as you want. (Breathing should be relaxed and talking is easy)

Session 1

- Start with a 6 minute brisk walk.
- Then alternate 8 minutes of jogging with 4 minutes of walking for 24 minutes

Session 2

- Start with a 5 minute brisk walk
- Jog for 10 minutes.
- Walk for 3 minutes
- Jog for 10 minutes
- Finish with 2 minutes of easy walking

Session 3

- Start with a 5 minute brisk walk,
- Jog for 10 minutes,
- Walk for 3 minutes,
- Jog for 10 minutes,
- Finish with 2 minutes of easy walking

NOTES & TIPS

- **Programme:** This programme is suitable for anyone who can currently jog or run for 30 minutes duration.
- **Pacing:** The biggest factor in people dropping out is too much, too fast, too soon. Follow the guidelines for paces above and **remember the right pace is your own pace. If you find the 5k guide pace above too easy/hard you can always change it a little after a few sessions. The Athletic Club mentors can support or advise you in relation to pacing.**
- **Timed 5K:** During your timed 5K at the end of the six weeks you will be aiming to run under 30 minutes, whatever your plan, don't start too fast and use your training 5K pace as your guide.
- **Stretching:** Leave any stretching until after you have completed each session. A list of suitable stretches can be found here <https://www.runnersworld.com/training/g20862016/cool-down-routine/>
- **Routine:** Establish your set days and times (if possible) for your three weekly sessions. This will help you stick to the programme.
- **Tiredness:** Don't let 'tiredness' stop you. This may just be mental fatigue and you will feel more energised after each session. **Remember to have at least one rest day in between each weekly session to allow your body time to recover.**
- **Motivation:** Exercise with a friend or family member if it helps to keep you motivated. You can also join or link with one of the local Athletics Clubs who will support you to stay motivated. We have also set up a Strava club if that helps.

