



SLIGO AC Queen Maeve 5K

BREAKING 30 (Sub 30 minutes) INTERMEDIATE TRAINING PLAN WEEK 4

Terminology of Training Paces	<ul style="list-style-type: none">• Jog: Gentle running (breathing should be noticeable but you should still be able to talk to someone without too much difficulty)• Brisk Pace: A little faster than your jogging pace (breathing should be deeper but steady and talking will be more difficult)• 5K Pace: The pace you theoretically plan to run your 5K at eg: 9 minutes per mile (which would produce a 28 minute 5K) (this will depend on your current fitness and ability) (breathing will be deep and rapid and talking will be very difficult)
Session 1	<ul style="list-style-type: none">• Warm up with 10 minutes jogging,• Run 2 minutes at a brisk pace, then 2 minutes jogging and repeat (5 times) for 20 minutes• Cool down 10 minutes gentle jogging
Session 2	<ul style="list-style-type: none">• Warm up with 10 minutes jogging• Run for 20 minutes starting at a jogging pace and pick up the pace a little every 5 minutes (not racing)• Cool down 10 minutes gentle jogging
Session 3	<ul style="list-style-type: none">• Warm up with 10 minutes jogging• Run 1 mile twice at 5K pace with a 3 minute walk in between• Cool down 10 minutes gentle jogging

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.