

CALCUTTA RUN

NEWBIES 6 WEEK 5K TRAINING PLAN



Pre-training plan tips:

- Get a Medical Check-up before you start, to ensure you are in a healthy state particularly if you have had medical problems in the past.
- Invest in the right pair of running shoes and get advice from a reputable retailer.
- Also buy a proper pair of running socks (not general sports socks).



Training plan tips:

- Designate specific days to run and allow a rest between sessions to ensure full recovery, which is an important part of the training process.
- Set a particular time to run on your training days as this will ensure a structure to your day and allow time to run. All the runs are time based as this allows you to run further as the weeks pass and your fitness improves.
- On the week prior to the event, training should be reduced to ensure that you reach the start line physically and mentally fresh to perform.

Remember training is the journey, Racing is the Destination.

All runs should be at an easy pace. **HASTEN SLOWLY it's the start of a great journey.**

This weekly training plan will bring you right up to the starting line of the Calcutta Run, fit and ready to run to your potential on the day.

Week 1

- Day 1 Run 2 Minutes, Walk 2 Minutes x 6 times
- Day 2 Run 2 Minutes, Walk 2 Minutes x 6 times
- Day 3 Run 2 Minutes, Walk 2 Minutes x 8 times
- Day 4 Optional 30 minutes' walk

Week 2

- Day 1 Run 3 Minutes, Walk 2 Minutes x 6 times
- Day 2 Run 4 Minutes, Walk 2 Minutes x 5 times
- Day 3 Run 5 Minutes, Walk 2 Minutes x 4 times
- Day 4 Optional 40 minutes' walk

Week 3

- Day 1 Run 6 Minutes, Walk 2 Minutes x 4 times
- Day 2 Run 7 Minutes, Walk 2 Minutes x 3 times
- Day 3 Run 8 Minutes, Walk 2 Minutes x 3 times
- Day 4 Optional 50 minutes' walk

Week 4

- Day 1 Run 8 Minutes, Walk 2 Minutes x 3 times
- Day 2 Run 10 Minutes, Walk 2 Minutes x 3 times
- Day 3 Run 12 Minutes, Walk 90 Seconds x 3 times
- Day 4 Optional 60 minutes' walk

Week 5

- Day 1 Run 12 Minutes, Walk 90 Seconds x 3 times
- Day 2 Run 15 Minutes, Walk 90 Seconds x 2 times
- Day 3 Run 20 Minutes, Walk 3 Minutes and Run 10 Minutes
- Day 4 Optional minutes' walk

Week 6

- Day 1 Run 20 Minutes
- Day 2 Run 15 Minutes
- Day 3 OUR TARGET CALCUTTA 5K RUN

Organised Group Running sessions based on the above schedule will be part of **Bar Fliers Running Group** which meet every Saturday morning in the Phoenix Park.

Meet at the Car Park on Lords Walk at 10.30am.
Directions: Car Park is first turn right after Dublin Zoo entrance. Everybody is welcome.

Contact: Jeanne Mc Donagh - 087 246 9855 or
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