

St. Fintan's BNS & Scoil Bhríde GNS, Couch to 5k



Dear Parents/ Guardians/Grandparents/Family Members,

Would you like to take part in our 6 week Couch to 5K challenge? This challenge is suitable for all levels of fitness. You can walk the 5K. You can walk/jog the 5K. You can jog the 5K. You can run the 5K. If you already run, use these few weeks to try and beat your personal record for 5K.

We are setting a Couch to 5k Challenge for all in our school community. Parents/Children/Family Members/School Staff. Our aim is to hold a virtual 5K event during the weekend of the 11th-13th June.

This is the perfect challenge to set for summer and get some fresh air. Put those activity trackers you got for Christmas to work or download some recording apps like Strava, Map My Run etc. on your phone. There are also many Couch to 5k apps that you might find useful.

What do you need to do?

- The most important thing is to make a start during the week beginning Monday 3rd May- commit to taking part and choose a plan that will work for you. (I have a choice of plans below suitable for walking/jogging & running)
- If you or any family member wish to take part, send a message to me on 086-0452437 to express your interest in the challenge.
- **Each week send a screenshot/image of a completed session from one of your training sessions to 086- 0452437 to be entered into a weekly draw to win vouchers from local businesses in Mountrath.**

Attached you will see plans from The Irish Heart Foundation and Runners World. There are many other plans available online. Find a plan that suits you. Most plans only require 3 short sessions a week. Pick one that will allow you to complete a 5K walk/jog/run by the second weekend in June.

If you have any questions please contact me on 086- 0452437.

Stay safe and happy training!
Ciara (HSCL)

Walkers

TRAINING PLAN FOR A 5K

WEEK 1:	M	T	W	Th	F	Sa	Su
	15 min	15 min	REST	15 min	REST	1.75 mi	30-45min

WEEK 2:	M	T	W	Th	F	Sa	Su
	15 min	15 min	REST	15 min	REST	1.75 mi	45-60 min

WEEK 3:	M	T	W	Th	F	Sa	Su
	20 min	20 min	REST	20 min	REST	2.00 mi	45-60 min

WEEK 4:	M	T	W	Th	F	Sa	Su
	20 min	20 min	REST	20 min	REST	2.25 mi	45-60 min

WEEK 5:	M	T	W	Th	F	Sa	Su
	25 min	25 min	REST	25 min	REST	2.5 mi	45-60 min

WEEK 6:	M	T	W	Th	F	Sa	Su
	25 min	25 min	REST	25 min	REST	2.75 mi	60 min

WEEK 7:	M	T	W	Th	F	Sa	Su
	30 min	30 min	REST	30 min	REST	3.00 mi	60-70 min

WEEK 8:	M	T	W	Th	F	Sa	Su
	30 min	30 min	REST	30 min	REST	2.00 mi	RACE DAY!!

WWW.TRAINFORA5K.COM

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Run 1 min Walk 1 min Repeat x 10	Rest	Run 2 mins Walk 4 mins Repeat x 5	Rest	Rest	Run 2 mins Walk 4 mins Repeat x 5
2	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Rest	Run 5 mins Walk 3 mins Repeat x 3
3	Rest	Run 7 mins Walk 2 mins Repeat x 3	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
4	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Run 10 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins, Walk 2 mins Repeat x 3
5	Rest	Run 9 mins Walk 1 min Repeat x 3	Rest	Run 12 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
6	Rest	Run 15 mins Walk 1 min Repeat x 2	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	5K Race!

YOUR FASTEST 5K

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Week	1	REST	Easy Run 15–20 minutes	30-Second Surges 8–10	Easy Run (15–25 minutes) or Cross-train	Fast Finish 15–20 minutes (5–10 minutes FF)	REST or Cross-train	Long Run 30–40 minutes
	2	REST	Easy Run 15–20 minutes	1-Minute Surges 10–12	Easy Run (15–25 minutes) or Cross-train	Fast Finish 15–20 minutes (5–10 minutes FF)	REST or Cross-train	1-Mile Time Trial
	3	REST	Easy Run 20–30 minutes	2-Minute Surges 5–6	Easy Run (15–25 minutes) or Cross-train	Fast Finish 20–30 minutes (10–15 minutes FF)	REST or Cross-train	Long Run 40–50 minutes
	4	REST	Easy Run 20–30 minutes	4-Minute Surges 3–4	Easy Run (15–25 minutes) or Cross-train	Fast Finish 20–30 minutes (10–15 minutes FF)	REST or Cross-train	2-Mile Time Trial
	5	REST	Easy Run 20–30 minutes	1-Minute Surges 10–12	Easy Run (15–25 minutes) or Cross-train	Fast Finish 30–40 minutes (10–15 minutes FF)	REST or Cross-train	Long Run 50–60 minutes
	6	REST	Easy Run 15–20 minutes	30-Second Surges 8–10	Easy Run (10–20 minutes) or Cross-train	Easy Run 15–20 minutes	REST or Cross-train	RACE DAY! Run a 5K

Check out these websites for some more advice

<https://www.runnersworld.com/uk/training/5km/a760067/six-week-beginner-5k-schedule/>

https://irishheart.ie/?get_file=18194_Couch-to-5K-Jogging-Plan.pdf

<https://www.aig.ie/our-blog/running-for-beginners>