

Event day: **Sunday 9 April 2017**

In conjunction with Irish Runner - [irishrunner.com](http://irishrunner.com) **IRISH Runner**

Website: [greatirelandrun.org](http://greatirelandrun.org)

The Great Ireland Run understands that it can be tricky for newcomers and so we have devised this useful 12 week Couch to 5K training plan to get you started, beginning on Monday 16th January!

Why not take on the challenge and be part of a Great Run on Sunday 9th April!

### WEEK 1 - STARTING MONDAY 16 JANUARY

Be sure to take it easy to starting out. Never train two days in a row as your body needs time to adjust. If you are starting your new regime on a Monday, rest on Tuesday, pick up the pace again on Wednesday, rest on Thursday and so on. Your training should be easy to begin with, no more than ten minutes walking each training day. Ten minutes walking on Monday, rest on Tuesday and so on. Rest on both Saturday and Sunday.

### WEEK 2 - STARTING MONDAY 23 JANUARY

Follow week one exactly, but on Friday walk for fifteen minutes. It may not seem like a lot but your body will notice the difference. Rest on both Saturday and Sunday.

### WEEK 3 - STARTING MONDAY 30 JANUARY

Repeat Week 2. Of course at this point you might be tempted to challenge yourself even more but take it easy and stick to this plan.

### WEEK 4 - STARTING MONDAY 6 FEBRUARY

This is the week where everything changes as walking and jogging intervals are introduced. Remember Rome wasn't built in a day so be sure to time these intervals and not do any more than recommended. This week is also the first in which you will be training weekends so you might need extra motivation.

MON	TUESDAY <small>Completed</small>	WED	THURSDAY <small>Completed</small>	FRI	SATURDAY <small>Completed</small>	SUN
REST	Walk 3 minutes, Jog 30 Seconds – Repeat 4 Times	REST	Walk 3 minutes, Jog 30 Seconds – Repeat 4 Times	REST	Walk 3 minutes, Jog 30 Seconds – Repeat 4 Times	REST

### WEEK 5 - STARTING MONDAY 13 FEBRUARY

The pace of training will increase slightly this week but on completion you will learn how capable you are.

MONDAY <small>Completed</small>	TUE	WEDNESDAY <small>Completed</small>	THU	FRIDAY <small>Completed</small>	SAT	SUN
Walk 2 minutes, Jog 1 Minute – Repeat 4 Times	REST	Walk 2 minutes, Jog 1 Minute – Repeat 5 Times	REST	Walk 2 minutes, Jog 1 Minute – Repeat 6 Times	REST	REST

### WEEK 6 - STARTING MONDAY 20 FEBRUARY

The pace remains similar to last week so you should be ready.

MON	TUESDAY <small>Completed</small>	WED	THURSDAY <small>Completed</small>	FRI	SATURDAY <small>Completed</small>	SUN
REST	Walk 3 minutes, Jog 30 Seconds – Repeat 4 Times	REST	Walk 3 minutes, Jog 30 Seconds – Repeat 5 Times	REST	Walk 3 minutes, Jog 30 Seconds – Repeat 6 Times	REST

### WEEK 7 - STARTING MONDAY 27 FEBRUARY

You are now making progress but it is important not to get too carried away and put a strain on your body.

MONDAY <small>Completed</small>	TUE	WEDNESDAY <small>Completed</small>	THU	FRIDAY <small>Completed</small>	SAT	SUN
Walk 10 minutes	REST	Walk 10 minutes	REST	Walk 15 minutes	REST	REST

### WEEK 8 - STARTING MONDAY 6 MARCH

This is the week you will start to feel like a runner. The race is in sight and you have been working hard and progressing well. Jogging intervals are increased this week with walking breaks shorter.

MON	TUESDAY <small>Completed</small>	WED	THURSDAY <small>Completed</small>	FRI	SATURDAY <small>Completed</small>	SUN
REST	Walk 1 minute, jog 3 minutes – repeat 4 Times	REST	Walk 1 minute, jog 3 minutes – repeat 5 Times	REST	Walk 1 minute, jog 3 minutes – repeat 2 Times	REST

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## WEEK 9 - STARTING MONDAY 13 MARCH

This week you will jog your first distance so you need to persevere

MON	TUESDAY <small>Completed</small>	WED	THURSDAY <small>Completed</small>	FRI	SAT	SUNDAY <small>Completed</small>
REST	Walk 1 minute, Jog 4 minutes – repeat 4 Times	REST	Walk 1 minute, Jog 4 minutes – repeat 5 Times	REST	REST	Walk 1 minute, Jog 2k, Walk 1 minute, Jog 1k

## WEEK 10 - STARTING MONDAY 20 MARCH

MONDAY <small>Completed</small>	TUE	WEDNESDAY <small>Completed</small>	THU	FRI	SATURDAY <small>Completed</small>
Walk 1 minute, Jog 5 minutes – Repeat 4 Times	REST	Attend the expert Paced Mile series in Santry for advice on how to improve and test your time. More info at <a href="http://greatirelandrun.org">greatirelandrun.org</a>	REST	REST	Walk 1 minute, Jog 2k, Walk 30 seconds; Jog 1k

## WEEK 11 - STARTING MONDAY 27 MARCH

This is the week you will start to feel like a runner. The race is in sight and you have been working hard and progressing well. Jogging intervals are increased this week with walking breaks shorter.

MONDAY <small>Completed</small>	TUE	WEDNESDAY <small>Completed</small>	THU	FRI	SATURDAY <small>Completed</small>	SUN
Walk 1 minute, Jog 5 minutes – Repeat 5 Times	REST	Jog 3k	REST	REST	Warm up, jog 3k, cool down	REST

## WEEK 12 - STARTING MONDAY 3 APRIL

MON	TUESDAY <small>Completed</small>	WED	THURSDAY <small>Completed</small>	FRI	SAT	SUNDAY <small>Completed</small>
REST	Walk 1 minute, Jog 8 minutes – repeat twice	REST	Warm up, jog for 10 minutes, rest 1 minute, jog 10 minutes	REST	REST	EVENT DAY!

Join in the conversation on social media and watch out for training tips on Facebook



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