




**National College of Ireland**
**COUCH TO 1 MILE | WEEK 1**

Please take a look at the video before you read the training plan and notes.

**Week 1 Video:** <https://youtu.be/I8WCAvvyMOI>

**Week 1 Training Plan:** Aim to run/walk 3 times each week and spread them out across your week.

Mon / Tues	Wed / Thurs	Weekend
<p><b>Warmup:</b> 5 mins walk</p> <p><b>Run/Walk 20 Mins</b> (1 min slow run, 1 min walk) * 10</p> <p><b>Cooldown:</b> 5 mins walk.</p>	<p><b>Warmup:</b> 5 mins walk</p> <p><b>Run/Walk 20 Mins</b> (2 min slow run, 2 min walk) * 5</p> <p><b>Cooldown:</b> 5 mins walk.</p>	<p><b>Warmup:</b> 5 mins walk</p> <p><b>Run/Walk 20 Mins</b> 3 min slow run, 2 min walk) * 4</p> <p><b>Cooldown:</b> 5 mins walk.</p>

**Things to remember this week**

1. Go slowly – you will enjoy it more and have more energy left for the 2nd half of the run/walk. Honestly, try and go at a pace where you are not breathless – your fitness and confidence will develop better that way than running hard and running out of energy to quickly.
2. Plan which days you will go out. We are aiming for 3 times this week, ideally take a rest day between each training session.
3. Include the 5 minute walk at beginning and the end to let your body warmup and cooldown.
4. Don't worry about anyone else – you go at your own pace. This is not a competition.
5. Try and go out in daylight if you can, but if in the dark be sure to wear hi visibility gear.
6. Be safe. Choose a route that is not too crowded. In these COVID times, we all need to keep our space when on the run. Always be mindful of others on the paths.
7. I mentioned an app in the video – Any Interval Timer App will allow you to programme it for the walk/run minutes which frees you up from clock watching. You just listen out for the beep.
8. Focus on the minutes for now. Don't worry about the distance you travel. We will look at that soon. Get out the door – that's the main goal for this week.

I'll be back again with you next week with more tips and training ideas. **Good luck**

**Mary Jennings**  
[www.ForgetTheGym.ie](http://www.ForgetTheGym.ie)

