




National College of Ireland
COUCH TO 1 MILE | WEEK 2

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

Week 2 Video: <https://youtu.be/RWdMjoqVgQ0>

Week 2 Training Plan: Aim to run/walk 3 times each week and spread them out across your week.

Mon / Tues	Wed / Thurs	Weekend
Warmup: 5 mins walk	Warmup: 5 mins walk	Warmup: 5 mins walk
Run/Walk 20 Mins (3 min slow run, 1 min walk) * 5	Run/Walk 24 Mins (4 min slow run, 2 min walk) * 4	Run/Walk 21 Mins (5 min slow run, 2 min walk) * 3
Cooldown: 5 mins walk.	Cooldown: 5 mins walk.	Cooldown: 5 mins walk.

Things to remember this week

- How did last week go?** Hope you managed to pace yourself. No worries if you didn't! This week start a little slower if you felt you ran out of energy towards the end. It's ok to take longer walk breaks if you need them. Remember if you are out of breath at this stage you are going too fast. Slow down. Your fitness and strength will improve. .
- Track your distance:** You might be curious to know how far you are travelling when on the run. There are fancy watches and all sorts of gadgets to help you track all your running statistics, but for now keep it simple : RunKeeper or MapMyRun are both Apps that allow you to track your distance when on the run. Next week we will measure a mile, don't worry about that just get. For now, maybe download an app and get used to using it on the run if you are curious about tracking distance.
- What to wear:** In these winter days I recommend light layers. A hat and gloves are great as you can take them off when warm but they wont weigh you down. Wear what you are comfortable in and stay bright if running in the dark. A high impact sports bra for ladies is highly recommended for comfort and support.

And remember from last week.

- Plan which days you will go out. We are aiming for 3 times this week, ideally take a rest day between each training session.
- Include the 5 minute walk at beginning and the end to let your body warmup and cooldown.
- Don't worry about anyone else – you go at your own pace. This is not a competition.
- 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.

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

Mary Jennings
www.ForgetTheGym.ie

