




**National College of Ireland**
**COUCH TO 1 MILE | WEEK 3**

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

**Week 2 Video:** <https://youtu.be/MZVUIXQxNbw>

**Week 3 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> (6 min slow run, 2 min walk) * 3</p> <p><b>Cooldown:</b> 5 mins walk.</p>	<p><b>Warmup:</b> 5 mins walk</p> <p><b>Run/Walk 24 Mins</b> (8 min slow run, 2 mins walk ) * 24</p> <p><b>Cooldown:</b> 5 mins walk.</p>	<p><b>Warmup:</b> 5 mins walk</p> <p><b>Run/Walk 21 Mins</b> (6 min slow run, 4 mins walk, 10 min slow run.)</p> <p><b>Cooldown:</b> 5 mins walk.</p>

**Things to remember this week**

- Trust yourself:** Even though the numbers are getting bigger, you will be well able. Go slow, believe you can do it, take longer walk breaks if you need them.
- How did last week go?** Hope it's getting easier to know your pace. If you are out of breath, please don't stay at that pace. Slow down. Give your body a chance to adapt.
- Make it easy on yourself:** Run tall, Relax and Smile! You are here to enjoy it after all.
- Measure your mile:** Using MapMyRun, RunKeeper or one of the other running apps, measure out a mile this week. You can do it on a walk, or build it into your run/walk training session. Ideally you are looking to find a route that starts about 5 minutes from home so you can be warmed up before you start. Pick somewhere bright, safe and spacious.
- Make sure you are registered:** Have you signed up? Be sure to have the commitment made.

**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](http://www.ForgetTheGym.ie)

