




National College of Ireland
COUCH TO 1 MILE | WEEK 4

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

Week 4 Video: <https://youtu.be/oBsJhx9QR8s>

Week 4 Training Plan: Aim to run/walk 3 times each week and spread them out across your week.

Mon / Tues	Wed / Thurs	Weekend
<p>Warmup: 5 mins walk</p> <p>Run/Walk 20 Mins (5 min slow run, 5 mins walk, 12 min slow run)</p> <p>Cooldown: 5 mins walk.</p>	<p>Warmup: 5 mins walk</p> <p>Run/Walk 24 Mins (8 min slow run, 2 mins walk) * 2</p> <p>Cooldown: 5 mins walk.</p>	<p>Warmup: 5 mins walk and maybe even a few minute run so you feel ready.</p> <p>Run/Walk 21 Mins Then take a break, set your clock, then run your mile.</p> <p>Cooldown: 5 mins walk.</p>

Things to remember this week

- Trust yourself:** It's the week of the mile. Look back over the month, you should be proud of getting out there and doing the training. Choose to enjoy this week!
- Plan your grand finale:** Last week we measured out your mile. Some of you may already be covering the 1 mile distance in your run/walk. But in order to set yourself up for a good mile on the big day, I would love to take a little time early this week plan your mile day. Think about the following : when will you do it, what time, who with, what will you wear. The more you plan it, the more you will be able to enjoy it when the logistics are sorted.
- Make it easy on yourself:** Run tall, Relax and Smile! You are here to enjoy it after all.
- Start slowly :** you will see in the warmup for the 1 mile event that I included a walk and a few minute run in the warmup. If you feel you want to time your mile or want to push yourself a little on speed, this run in the warmup can really help to get your body more prepared for the mile. When you do start into your mile, you should have an idea of your pace by now. Don't get carried away – its always best to finish strong and fast than to feel like stopping at half way! Pace yourself.

And remember from last week.

- 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. e paths.

Wishing you all the best for a great mile – and of course a **Happy Christmas**

Mary Jennings
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