




**National College of Ireland**
**COUCH TO 1 MILE | WEEK 5**

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

**Week 5 Video:** <https://youtu.be/N6LygW8SQOY>

Mon / Tues	Wed / Thurs	Weekend
<p><b>Warmup:</b> 5 mins walk</p> <p><b>Run/Walk 20 Mins</b> (7 mins run, 3 min walk) * 2</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 minutes run, 2 mins walk) * 2</p> <p><b>Cooldown:</b> 5 mins walk.</p>	<p><b>Warmup:</b> 5 mins walk</p> <p><b>Run/Walk 21 Mins</b> 15 minutes run</p> <p><b>Cooldown:</b> 5 mins walk.</p>

**Where to now ?** You have made it and maybe you have got the running buzz! From where you are now you can build up to get to 30 minutes non stop and maybe take on your first 5k by the end of January. Are you tempted? If so, here is the best way to do it.

If you attempt the training plan above you might just surprise yourself that you can run the 15 minutes. That is basically half way through a couch to 5k training plan. So, you can download a plan and slot in midterm in the plan. So get out this week and give it a go.

**I have a few options for you:**

1. I have a **Get Running programme** with The Irish Times with video/tips for keeping you on track. It is free, and you can join anytime.
2. My book **Get Running** has plenty of training tips and training plans for whatever level you are at right now.
3. For a more personal approach, for new year 2021 I have some **new online coaching options** starting 10th January.
4. Of course, there are plenty more coaches around both virtually and in person - you can choose a **couch to 5k App** on your phone and follow that along.
5. Or you might even find a **local running club** to help keep you on the right path.

The main thing - don't give up. The hardest bit is getting started. Even if you feel you would like to go back to basics and start again at 1 minutes, that's just fine. Give yourself the month of January to get back into it and you wont know yourself. Good luck!

Wishing you all the best for a future - and of course **happy running!**

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

