

OUR LADY'S COLLEGE PE DEPT  
RECOMMENDS WE

KEEP FIT



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## COUCH TO 5 K PARKRUN

THIS SEVEN-WEEK TRAINING PROGRAM HOPES TO ENCOURAGE PARENTS/STUDENTS/ TEACHERS TO INCREASE THEIR PHYSICAL ACTIVITY LEVELS. IT AIMS TO PROMOTE POSITIVE PHYSICAL AND MENTAL HEALTH IN THE FACE OF THE CHALLENGES BEING POSED BY THIS PANDEMIC. THE 7-WEEK TRAINING PROGRAM IS DESIGNED TO CULMINATE IN A 5K PARK RUN.

### YOU NEED:

DOWNLOAD A TRACKING APP ON YOUR MOBILE PHONE (E.G. MAP MY RUN, STRAVA, ETC.) TO HELP RECORD THE DISTANCE OF YOUR TRAINING SESSION.

KEEP A DIARY OF YOUR ACHIEVEMENTS EVERY DAY YOU RUN. DON'T FORGET TO WARM UP BEFORE AND COOL DOWN AFTER YOUR SESSION.





<b>Week 1 – Monday 23<sup>rd</sup> March</b>	<b>Session 1</b>	<b>Session 2</b>
	CHALLENGE: 20 mins: Run 1 min, walk 1 min (x10)  DATE:  DISTANCE COVERED:	CHALLENGE: 24 mins: Run 2 minutes, walk 4 mins (x4)  DATE:  DISTANCE COVERED:
<b>Week 2 – Monday 30<sup>th</sup> March</b>	<b>Session 3</b>	<b>Session 4</b>
	CHALLENGE: 28 mins: Run 3 mins, walk 4 min (x4)  DATE:  DISTANCE COVERED:	CHALLENGE: 30 mins: Run 3 mins, walk 3 min (x5)  DATE:  DISTANCE COVERED:
<b>Week 3 – Monday 6<sup>th</sup> April</b>	<b>Session 5</b>	<b>Session 6</b>
	CHALLENGE: 28 mins: Run 4 mins, walk 3 min (x4)  DATE:  DISTANCE COVERED:	CHALLENGE: 27 mins: Run 5 mins, walk 4 mins (x3)  DATE:  DISTANCE COVERED:





<b>Week 4 – Monday 13 April</b>	CHALLENGE: 30 mins: Run 6 mins, walk 4 mins (x3)  DATE:  DISTANCE COVERED:	CHALLENGE: 30 mins: Run 7 mins, walk 3 mins (x3)  DATE:  DISTANCE COVERED:
<b>Week 5 – Monday 20<sup>th</sup> April</b>	<p style="text-align: center;"><b>Session 9</b></p> CHALLENGE: 33 mins: Run 8 mins, walk 3 mins (x3)  DATE:  DISTANCE COVERED:	<p style="text-align: center;"><b>Session 10</b></p> CHALLENGE: 30 mins: Run 8 mins, walk 2 mins (x3)  DATE:  DISTANCE COVERED:
<b>Week 6 – Monday 27<sup>th</sup> April</b>	<p style="text-align: center;"><b>Session 11</b></p> CHALLENGE: 36 mins: Run 10 mins, walk 2 mins (x3)  DATE:  DISTANCE COVERED:	<p style="text-align: center;"><b>Session 12</b></p> CHALLENGE: 36 mins: Run 10 mins, walk 2 mins (x3)  DATE:  DISTANCE COVERED:
<b>Week 7 – Monday 4<sup>th</sup> May</b>	<p style="text-align: center;"><b>Session 13</b></p> CHALLENGE: 28 mins: Run 12 mins, walk 2 mins (x2)  DATE:  DISTANCE COVERED:	<p style="text-align: center;"><b>Session 14</b></p> CHALLENGE: 32 mins: Run 14 mins, walk 2 mins (x2)  DATE:  DISTANCE COVERED:

