



Irish Life
health



**6 WEEK
COUCH TO 3K
TRAINING PLAN
- WALK OR JOG**

in association with



6 WEEK COUCH TO 3K TRAINING PLAN - WALK OR JOG

Former Irish Olympian, European Cross Country champion, Winner of London, Berlin, and Amsterdam marathons, and the current Irish marathon record holder, **Catherina McKiernan** gives her advice on taking your first steps to completing the **Irish Life Health Family 3k Run** on **July 28th**.

Running can transform your life and improve the way you feel in body, mind and spirit," says Catherina. "In the hectic bustle of everyday life, many people have trouble finding time for themselves, time to think and find peace."

"It is essential when you decide to take up running to have a plan and to build up gradually. Don't go too fast too soon and don't be afraid to incorporate walking breaks where needed. Here is a simple 6 week plan to get you and your family up and running."



Week 1

On run/walk days, walkers walk only. **Runners run for 15 seconds/ walk for 45 seconds.**

Monday	Run/walk 20 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/walk 20 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/walk 20 minutes
Sunday	Rest or walk



Week 2

On run/walk days, walkers walk only. **Runners run for 15 seconds/ walk for 45 seconds.**

Monday	Run/walk 25 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/walk 25 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/walk 30 minutes
Sunday	Rest or walk

Week 3

On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.

Monday	Run/walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/walk 35 minutes
Sunday	Rest or walk



Week 5

On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.

Monday	Run/walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/walk 40 minutes
Sunday	Rest or walk



Week 4

On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.

Monday	Run/walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	Run/walk 40 minutes
Sunday	Rest or walk



Week 6

On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.

Monday	Run/walk 30 minutes
Tuesday	Walk 30 minutes
Wednesday	Run/walk 30 minutes
Thursday	Walk 30 minutes
Friday	Rest
Saturday	3K race day
Sunday	Rest or walk





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