

SSRP SuperValu Womens New Way 5K

RUNNING ROOKIE BEGINNERS TRAINING PLAN WEEK 4

Terminology of Training Paces	<ul style="list-style-type: none"> • Brisk Walk: Faster than you would walk around town or to the shops (Breathing is elevated but should still be comfortable and you should be able to talk relatively easily (your walking pace after each bout of running should be brisk but at a pace that allows you to recover sufficiently before you next jog)) • Jog: Gentle running (breathing should be noticeable but you should still be able to talk to someone without too much difficulty) • Easy Walk: Walking at a slow pace comfortable to you to ensure complete recovery. This can be as slow as you want. (Breathing should be relaxed and talking is easy)
	All sessions are 30 minutes duration
Session 1	<ul style="list-style-type: none"> • Start with a 6 minute brisk walk • Then alternate 8 minutes of jogging with 4 minutes of walking for 24 minutes.
Session 2	<ul style="list-style-type: none"> • Start with a 5 minute brisk walk • Then jog for 10 minutes, walk for 3 minutes, jog for 10 minutes and finish with 2 minutes of walking to warm down.
Session 3	<ul style="list-style-type: none"> • Start with a 5 minute brisk walk • Then jog for 10 minutes, walk for 3 minutes, jog for 10 minutes and finish with 2 minutes of walking to warm down.

NOTES & TIPS

- **Programme:** This is a walk-jog programme. It involves periods of walking followed by periods of jogging. The programme is based on time not your distance covered. Each session is 30 minutes in duration.
- **Pacing:** The biggest factor in people dropping out is too much, too fast, too soon. Follow the guidelines for the paces above and **remember the right pace is your own pace.**
- **Timed 5K:** During your timed 5K at the end of the six weeks you will find that you can probably jog for 20 minutes or so before you need to walk, whatever your plan, start slowly and take a walk break whenever you feel you need it.
- **Stretching:** Leave any static stretching until after you have completed each session. A list of suitable stretches can be found here <https://www.runnersworld.com/training/g20862016/cool-down-routine/>
- **Routine:** Establish your set days and times (if possible) for your three weekly sessions. This will help you stick to the programme. Remember they are all just 30 minutes duration. You can do this.
- **Tiredness:** Don't let 'tiredness' stop you. This may just be mental fatigue and you will feel more energised after each session. **Remember to have at least one rest day in between each weekly session to allow your body time to recover.**
- **Motivation:** Exercise with a friend or family member if it helps to keep you motivated. You can also join or link with one of the local Athletics Clubs who will support you to stay motivated. We have also set up a Strava club if that helps.
- **Music:** Running to Music/Using headphones. It is important to also remember to keep safe when running to music outdoors. **Keep the volume down so you can hear what is going on around you. Avoid public roads and be aware of your surroundings at all times (road traffic, cyclists, dogs, other hazards)**