

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>May 10th</u>		<u>May 12th</u> 35min + 5x80m strides		<u>May 14th</u> 10min warm-up/6x2min,off 90 sec/10min cool-down		<u>May 16th</u> Longer easy run 45-50min
<u>May 17th</u> 25min easy run Stretch out		<u>May 19th</u> 35-40min + 5-6 x80m strides		<u>May 21st</u> 10min warm-up/ 1min,2min,3min,3min,2min,1 min,off 90sec/10min cool-down		<u>May 23rd</u> Longer easy run 45-50min
<u>May 24th</u> 25min easy run Stretch out		<u>May 26th</u> 30min run + 4x80m strides		<u>May 28th</u> Mini Series Dooneen Fit4Life 5k Run 10-15min warm-up&cooldown	* Good day for a sports massage!	<u>May 30th</u> Longer easy run 45-50min
<u>May 31st</u> 25-30min easy run Stretch out		<u>June 2nd</u> 35-40min run + 5x80m strides		<u>June 4th</u> 5x3min off 90sec jog		<u>June 6th</u> Longer easy run 45-50min
<u>June 7th</u> 25-30min easy run Stretch out		<u>June 9th</u> 35-40min run + 6x80m strides		<u>June 11th</u> 6x3min off 90sec		<u>June 13th</u> Longer easy run 50min
<u>June 14th</u> 25-30min easy run Stretch out		<u>June 16th</u> 40min run + 4x80m strides		<u>June 18th</u> 6x1min ,off 2min steady jog		<u>June 20th</u> Longer easy run 50min
<u>June 21st</u> 25min easy run Stretch out		<u>June 23rd</u> 30min run + 4x80m strides		<u>June 25th</u> Mini Series 5mile run (To Be Confirmed) Warm-up and cool-down essential	Massage or trip to the sea recommended!	<u>June 27th</u> Longer easy run 45-50min
<u>June 28th</u> 30min easy run Stretch out		<u>June 30th</u> 30min run + 5xstrides		<u>July 2nd</u> 10min warm-up, 10-15min steady pace, 10min cooldown		<u>July 4th</u> Longer easy run 45-50min

Fit4Life 8 weeks in training May/June

Mini Series in Limerick to test your progress with lighter training in race week– race details available soon!

Rule 1: Listen to your body. Training Logs help keep track of how you recover and what works best. The schedule is a Guide... response must be monitored!

Rule 2: Small steps lead to big changes– get into a regular routine and let fitness develop gradually. Enjoy!