



TRAINING!

Croí Night Run - Jog / Run

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Week 1	Run 1		Run 2		Run 3	
	Fast Walk 5 mins		Fast Walk 5 mins		Fast Walk 5 mins	
	Jog 1 min	x10	Jog 1 min	x10	Jog 2 min	x5
Walk 1 Min	Walk 1 Min		Walk 3 Min			
Week 2	Fast Walk 5 mins		Fast Walk 5 mins		Fast Walk 5 mins	
	Jog 3 min	x4	Jog 3 min	x 4	Jog 3 min	x 5
	Walk 4 min		Walk 3 min		Walk 2 mins	
Week 3	Jog 5 min	x3	Run 5 mins	x 3	Run 5 mins	x 3
	Walk 2 min		Walk 2 min		Walk 2 min	
			Run 2 mins		Run 2 mins	
Week 4	Fast Walk 5 mins		Fast Walk 5 mins		Fast Walk 5 mins	
	Run 7 min	x 3	Run 7 min	x 3	Run 9 min	x 3
	Walk 1 min		Walk 1 min		Walk 2 min	
	Run 3 min					
Week 5	Fast Walk 5 mins		Fast Walk 5 mins		Fast Walk 5 mins	
	Run 10 min	x3	Run 12 mins	x2	Run 15 min	x 2
	Walk 1 Min		Walk 3 min		Walk 1 min	
	Run 6 mins					
Week 6	Fast Walk 5 mins		Active Rest Day		Event Day	
	Run 20 min		30 minute gentle walk		Warm up walk & Stretches	
	Walk 1 min					
	Run 5 min					
	Walk 1 min					
Run 5 min						