



TRAINING!

Croí Night Run - Walk						
Week 1	Walk 1		Walk 2		Walk 3	
	Gentle Walk 5 mins		Gentle Walk 5 mins		Gentle Walk 5 mins	
	Walk	15 mins	Walk	15 mins	Walk	2.4 k
Week 2	Gentle Walk 5 mins		Gentle Walk 5 mins		Gentle Walk 5 mins	
	Walk	15 mins	Walk	20 mins	Walk	2.8 k
Week 3	Gentle Walk 5 mins		Gentle Walk 5 mins		Gentle Walk 5 mins	
	Walk	20 mins	Walk	25 mins	Walk	3.2 k
Week 4	Gentle Walk 5 mins		Gentle Walk 5 mins		Gentle Walk 5 mins	
	Walk	30 mins	Walk	35 mins	Walk	3.6 k
Week 5	Gentle Walk 5 mins		Gentle Walk 5 mins		Gentle Walk 5 mins	
	Walk	35 mins	Walk	40 mins	Walk	4.4 k
Week 6	Gentle Walk 5 mins		Gentle Walk 5 mins		Gentle Walk 5 mins	
	Walk	30 mins fast paced	Active Rest Day	15 mins or total rest	Event Day	5 k