

## **The Get you Round Programme for complete beginners!!**

### **22 weeks starting Monday 25<sup>th</sup> January**

Because the distances covered are fairly short, consistency is vital for this schedule. Most of the runs can be done in approximately 30mins, so you must find time to run three days a week during weekdays.

The long runs in the second part of this programme are vital.

If you have done nothing like this before, do them in loops from home of four to six miles each, so that you can call in for a drink or to leave surplus clothing.

The drawback is that it is mentally tougher to go out for another lap when you are tired!

#### **Week 1 Monday Jan 25<sup>th</sup>**

Monday 2 mins jog followed by 2 mins walk, repeat for a total of 20mins

Tuesday Rest

Wednesday 2 mins jog followed by 2 mins walk, repeat for a total of 26mins

Thursday Rest

Friday 2 mins jog followed by 2 mins walk, repeat for a total of 20mins

Saturday Rest day

Sunday 2 mins jog followed by 2 mins walk, repeat for a total of 40-50mins

#### **Week 2 Monday Feb 1<sup>st</sup>**

Monday 3 mins jog followed by 2 mins walk, repeat for a total of 25mins

Tuesday Rest

Wednesday 3 mins jog followed by 2 mins walk, repeat for a total of 30mins

Thursday Rest

Friday 3 mins jog followed by 2 mins walk, repeat for a total of 25mins

Saturday Rest day

Sunday 4 mins jog followed by 2 mins walk, repeat for a total of 50-60mins

[www.slaneyolympic.com](http://www.slaneyolympic.com))

#### **Week 3 Monday Feb 8<sup>th</sup>**

Monday 3 mins jog followed by 1 mins walk, repeat for a total of 30mins

Tuesday Rest

Wednesday 3 mins jog followed by 1 mins walk, repeat for a total of 36mins

Thursday Rest

Friday 4 mins jog followed by 1 mins walk, repeat for a total of 30mins

Saturday Rest day

Sunday 5 mins jog followed by 2 mins walk, repeat for a total of 60-70mins

#### **Week 4 Monday Feb 15<sup>th</sup>**

Monday Jog 20 mins non stop but slow

Tuesday Rest

Wednesday 4 mins jog followed by 1 mins walk, repeat for a total of 45mins

Thursday Rest

Friday 4 mins jog followed by 1 mins walk, repeat for a total of 36mins

Saturday Rest day

Sunday 7 mins jog followed by 2 mins walk, repeat for a total of 65-75mins. Deise College Dungarvan 10k - [www.westwaterfordathletics.org](http://www.westwaterfordathletics.org)

### **Week 5 Monday Feb 22nd**

Monday Jog for 25 mins non stop but slow

Tuesday Rest

Wednesday 5 mins jog followed by 1 mins walk, repeat for a total of 45mins

Thursday Rest

Friday 5 mins jog followed by 1 mins walk, repeat for a total of 42mins

Saturday Rest day

Sunday 8 mins jog followed by 2 mins walk, repeat for a total of 75-85mins

### **Week 6 Monday Feb 29th**

Monday Jog for 30 mins, slow and easy

Tuesday Rest

Wednesday 5 mins jog followed by 1 mins walk, repeat for a total of 50mins

Thursday Rest

Friday 6 mins jog followed by 1 mins walk, repeat for a total of 42mins

Saturday Rest day

Sunday 10 mins jog followed by 3 mins walk, repeat for a total of 80-90mins. Ballycotton 10miles

### **Week 7 Monday March 7th**

Monday Jog for 30 mins, slow and easy

Tuesday Rest

Wednesday Jog easy 5 mins to warm up, then 15 mins a little faster, before 5 mins easy to warm down

Thursday Rest

Friday 7 mins jog followed by 1 mins walk, repeat for a total of 42mins

Saturday Rest day

Sunday 10 mins jog followed by 2 mins walk, repeat for a total of 80-90mins

### **Week 8 Monday March 14th**

Monday Jog for 35 mins, slow and easy

Tuesday Rest

Wednesday 6 mins jog followed by 1 mins walk, repeat for a total of 56mins

Thursday Rest

Friday 8 mins jog followed by 1 mins walk, repeat for a total of 45mins

Saturday Rest day

Sunday 60 mins jog with as little walking as possible, eg. 1min every 10. (Wicklow Half and 10km,

[www.wicklowhalfmarathonand10km.com](http://www.wicklowhalfmarathonand10km.com))

### **Week 9 Monday March 21st**

Monday Jog for 30mins, easy

Tuesday Rest

Wednesday Jog easy 5 mins to warm up, then 15 mins a little faster, before 5 mins easy to warm down

Thursday Rest

Friday 10 mins jog followed by 1 mins walk, repeat for a total of 50mins

Saturday Rest day

Sunday 15 mins jog followed by 2 mins walk, repeat for a total of 90mins

### **Week 10 Monday March 28th**

Monday Jog for 30 mins. Aglish 5k and 10k.

Tuesday Rest

Wednesday 30mins run, to include 6x60s steady/fast followed by 2 min jog.

Thursday Rest

Friday Jog for 30 mins

Saturday Rest

Sunday 9 miles jog easy (approx. 1hr40mins), walking only when necessary

### **Week 11 Monday April 4th**

Monday Jog for 30mins

Tuesday Rest

Wednesday 30 mins run, to include 4x60s fast and 4x30s fast with 60s of slow jogging between

Thursday Rest

Friday Jog easy 5 mins to warm up, then 20 mins a little faster, before 5 mins easy to warm down

#### Saturday Rest

Sunday 10 miles jog easy, walking only when necessary. Hope and Dream 10k and 10miles Enniscorthy

### **Week 12 Monday April 11th**

Monday Jog for 30mins

#### Tuesday Rest

Wednesday Jog easy 5 mins to warm up, 2x1mile with 5 min rest between, before 5 mins easy to warm down

#### Thursday Rest

Friday Butlerstown 4miler!!! Walk 1minevery 10 if you feel the need to.

#### Saturday Rest

Sunday 12miles easy - walk 5 mins in each hour if necessary. (Wexford half and 10km, [www.wexfordhalfmarathon.com](http://www.wexfordhalfmarathon.com))

### **Week 13 Monday April 18th**

Monday Jog 25 mins.

#### Tuesday Rest

Wednesday Jog easy 5 mins to warm up, 2x1mile with 3 min rest between, before 5 mins easy to warm down

Thursday Jog 30mins easy

#### Friday Rest

Saturday Run 30 mins steady, working harder up hills

Sunday 9-10miles easy - walking when necessary. Church Hill 5k and 10k, Kilkenny

### **Week 14 Monday April 25th**

Monday Jog for 30 mins

#### Tuesday Rest

Wednesday Jog easy 5 mins to warm up, then 2x1 miles steady with 3 mins rest between, before 5 mins easy to

warm down

Thursday Jog for 20 mins steady

Friday

Waterford to Tramore 7.5 miles - [www.waterfordac.com](http://www.waterfordac.com), Walk only when necessary.

Sunday Jog for 30mins.

### **Week 15 Monday May 2nd**

Monday Jog for 20 mins easy

Tuesday Rest

Wednesday Jog easy 10 mins to warm up, then 3x1 miles steady with 3 mins rest between, before 5 mins easy to

warm down

Thursday Jog for 25 mins easy

Friday Rest. Portlaw 5 miles

Saturday Jog 25-30 mins steady.

Sunday 13-14miles easy - walk 5 mins in each hour. Clonmel 10k

### **Week 16 Monday May 9th**

Monday Rest

Tuesday Jog 25 mins easy

Wednesday Jog easy 10 mins to warm up, then 3x1 miles steady with 3 mins rest between, before 5 mins easy to

warm down

Thursday Jog 20 mins easy

Friday Rest. Faithlegg 5 miles.

Saturday Jog 35mins steady

Stoneyford 10k race

### **Week 17 Monday May 16th**

Monday Jog 20 mins easy

Tuesday Rest

Wednesday Jog easy 10 mins to warm up, then 3x1 miles steady with 3 mins rest between, before 5 mins easy to

warm down

Thursday Jog for 30 mins easy

Friday Jog for 40 mins. Ardmore 5 miles

Saturday Rest day

Sunday 15-17miles easy - walk 5 mins in each hour.

### **Week 18 Monday May 23rd**

Monday 25mins easy

Tuesday Rest

Wednesday Jog easy 10 mins to warm up, 25mins slightly faster, before 5 mins easy to warm down

Thursday Jog for 30 mins easy

Friday Jog for 40 mins (Or do Touraneena 5k! See [www.westwaterfordathletics.org](http://www.westwaterfordathletics.org))

Saturday Rest day

Sunday 12 miles steady- endurance (no walking if you can help it)

### **Week 19 Monday May 30th**

Monday 25mins easy

Tuesday Rest

Wednesday Jog easy 10 mins to warm up, 30mins slightly faster, before 5 mins easy to warm down

Thursday Jog for 30 mins easy

Friday Jog for 40 mins. Deadman's 5 Carrick on Suir

Saturday Rest day

Sunday 18-20 miles easy, the last big one - walk 5 mins in each hour. Little South Run 4 miles Kilmacow.

### **Week 20 Monday June 6th**

Monday 20mins easy

Tuesday Rest

Wednesday Jog easy 10 mins to warm up, 30mins slightly faster, before 5 mins easy to warm down

Thursday Jog for 30 mins easy

Friday Jog for 40 mins

Saturday Rest day

Sunday 10 miles, or race 6-10miles at Pink Rock 10k.

### **Week 21 Monday June 13th**

Monday 20mins easy

Tuesday Rest

Wednesday Warm up for 5mins, 2 x 1 mile timed with 5 mins rest, warm down for 5mins

Thursday Rest

Friday 20mins easy (You could CHANCE doing the Dungarvan 5miler, see [www.westwaterfordathletics.org](http://www.westwaterfordathletics.org))

Saturday 50 mins at marathon pace. Rehearse your pre-race preparation!

Sunday Rest day

**Week 22 Monday June 20th**

Monday 20mins easy

Tuesday Rest

Wednesday Warm up, 2 miles at race pace

Thursday Rest

Friday 20 mins jog very easy, get the legs ready for tomorrow!

Saturday Race day!!