Irish Life Tallaght 5 Mile Training Plan

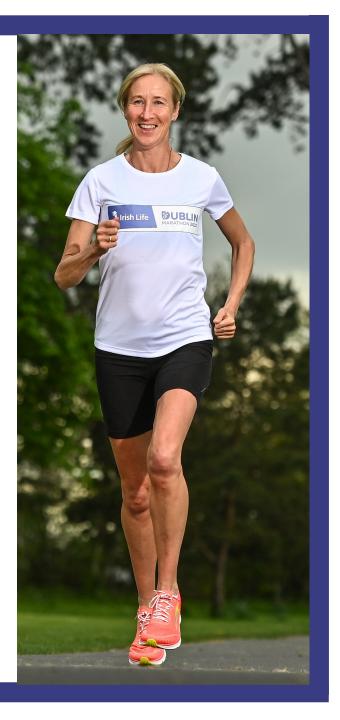
By Catherina McKiernan & Mick Clohisey





Irish Life Tallaght 5 Mile Training Plan - Week 1

MONDAY Rest 25-30mins **TUESDAY WEDNESDAY** Rest 10mins easy / 4x3mins fast with **THURSDAY** 2mins easy jog / 10mins easy 25-30mins **FRIDAY SATURDAY** Rest 25-30mins **SUNDAY**





Irish Life Tallaght 5 Mile Training Plan – Week 2







Irish Life Tallaght 5 Mile Training Plan – Week 3







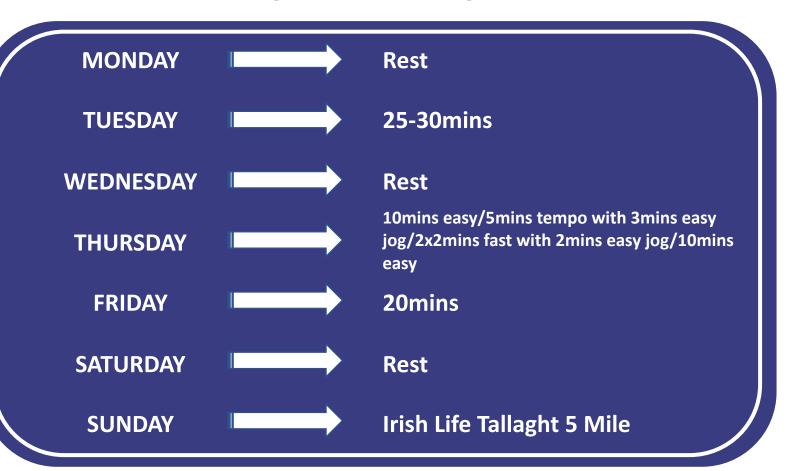
Irish Life Tallaght 5 Mile Training Plan - Week 4







Irish Life Tallaght 5 Mile Training Plan – Week 5







Irish Life Tallaght 5 Mile Training Plan – Definitions

