

Karl Henry's 5K training plan

The Operation Transformation 5K is back this year. It's taking place in the Phoenix Park on Saturday 18th January and we want as many people as possible to take part. I've developed a training plan to help you prepare for this big challenge. The plan consists of walking, jogging and running routines starting at 16 minutes duration and working up to one hour.

You will train 4 days a week for the next few weeks so that you'll have the fitness you need to complete the run. Before you start your training here are a few pointers:

- If in doubt about your fitness level consult your doctor before starting any training programme.
- Get yourself some decent running shoes. They will make a huge difference to your training!
- Make sure to stretch those legs after every session. My stretching video is [here](#).
- Use a stop watch or the timer on your phone to time your routines accurately.
- Train with a friend if you can, you can support each other.
- If you feel discomfort or pain while training, STOP immediately!
- Don't push yourself too hard. Just follow the plan below.

The Plan

January – Week 1 training

Thursday 5th: Walk for 3 minutes, then jog for 1 minute. Repeat 4 times

Saturday 7th: Walk for 3 minutes, then jog for 1 minute 30 secs. Repeat 4 times

Sunday 8th: Walk for 3 minutes, then jog for 1 minute 30 secs. Repeat 4 times

Tuesday 10th: 30 minutes fast walk.

January – Week 2 training

Thursday 12th: Walk for 2 minutes, then run for 1 minute 30 secs. Repeat 6 times

Saturday 14th: Walk for 2 minutes, then run for 2 minutes. Repeat 4 times

Sunday 15th: Walk for 2 minutes, then run for 2 minutes. Repeat 5 times

Tuesday 17th: 30 minutes fast walk

January - Week 3 training

Thursday 19th: Walk for 2 minutes, then run for 2 minutes 30 secs. Repeat 6 times

Saturday 21st: Walk for 2 minutes, then run for 3 minutes. Repeat 4 times

Sunday 22nd: Walk for 2 minutes, then run for 3 minutes. Repeat 5 times

Tuesday 24th: 45 minutes fast walk.

January - Week 4 training

Thursday 26th: Walk for 2 minutes, then run for 3 minutes. Repeat 6 times.

Saturday 28th: Walk for 2 minutes, then run for 3 minutes 30 secs. Repeat 5 times

Sunday 29th: Walk for 2 minutes, then run for 4 minutes. Repeat 5 times.

Tuesday 31st: 1 hour fast walk.

February – Week 5 training

Thursday 2nd: Walk for 1 minute 30 secs, then run for 4 minutes. Repeat 6 times.

Saturday 4th: Walk for 1 minute 30 secs, then run for 4 minutes. Repeat 6 times.

Sunday 5th: Walk for 1 minute 30 secs., then run for 4 minutes 30 secs. Repeat 5 times

Tuesday 7th: 45 minute fast walk

February – Week 6 training

Thursday 9th: Walk for 1 minute, then run for 4 minutes. Repeat 5 times.

Saturday 11th: Walk for 1 minute, then run for 4 minutes. Repeat 5 times.

Sunday 12th: Walk for 1 minute, then run for 4 minutes. Repeat 5 times.

Tuesday 14th: Walk for 1 minute, then run for 5 minutes. Repeat 4 times

February: Week 7 training and race week

Thursday 16th: Walk for 1 minute, then run for 5 minutes. Repeat 5 times

Friday 17th: Rest before race day!

Saturday 18th: RACE DAY. Good luck!