

Irish Festival 5k Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Columbus Running Company We can help you with the right shoes for your foot to keep you healthy and feeling great. Also check out cbuspacers.com for some people to share in your journey.			1 June Brisk Walk 15 Minutes	2	3 Brisk Walk 20 Minutes
6	7	8 Brisk Walk 15 Minutes	9	10 Brisk Walk 20 Minutes	11	12 Brisk Walk 25 Minutes
13	14 Flag Day	15 Brisk Walk 20 Minutes	16	17 Brisk Walk 15 Minutes	18	19 Brisk Walk 30 Minutes
20 Father's Day Brisk Walk 15 Minutes	21 June Solstice	22 Warm up with 5 minutes of Walking Repeat 5 Times Run 1 minutes, Walk 3 Minutes Cool Down with 5 minutes of Walking	23	24 Brisk Walk 15 Minutes	25	26 Brisk Walk 35 Minutes
27 Brisk Walk 15 Minutes	28	29 Warm up with 5 minutes of Walking Repeat 5 Times Run 2 minutes, Walk 3 Minutes Cool Down with 5 minutes of Walking	30	1 July Brisk Walk 20 Minutes	2	3 Brisk Walk 40 Minutes
4 Independence Day Brisk Walk 15 Minutes	5	6 Warm up with 5 minutes of Walking Repeat 5 Times Run 3 minutes, Walk 3 Minutes Cool Down with 5 minutes of Walking	7	8 Brisk Walk 20 Minutes	9	10 Brisk Walk 35 Minutes
11 Brisk Walk 15 Minutes	12	13 Warm up with 5 minutes of Walking Repeat 5 Times Run 1 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking	14	15 Brisk Walk 20 Minutes	16	17 Brisk Walk 45 Minutes
18 Brisk Walk 15 Minutes	19	20 Warm up with 5 minutes of Walking Repeat 5 Times Run 2 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking	21	22 Brisk Walk 20 Minutes	23	24 Brisk Walk 50 Minutes
25 Parents' Day Brisk Walk 15 Minutes	26	27 Warm up with 5 minutes of Walking Repeat 5 Times Run 3 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking	28	29 Brisk Walk 20 Minutes	30	31 Brisk Walk 35 Minutes
1 August Brisk Walk 15 Minutes	2	3 Brisk Walk 20 Minutes	4	5 IRISH FESTIVAL 5K Race Day!	6	



LIKE IRELAND,
EXCEPT SMALLER

