

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 30 Minutes | 2 | 3 Brisk Walk 20 Minutes |
| 6 | 7 | 8 Warm up with 5 minutes of Walking Repeat 5 Times Run 1 minutes, Walk 3 Minutes Cool Down with 5 minutes of Walking | 9 | 10 Brisk Walk 30 Minutes | 11 | 12 Brisk Walk 25 Minutes |
| 13 | 14 Flag Day | 15 Warm up with 5 minutes of Walking Repeat 5 Times Run 2 minutes, Walk 3 Minutes Cool Down with 5 minutes of Walking | 16 | 17 Brisk Walk 35 Minutes | 18 | 19 Brisk Walk 30 Minutes Run the last 6 minutes |
| 20 Father's Day Brisk Walk 30 Minutes | 21 June Solstice | 22 Warm up with 5 minutes of Walking Repeat 5 Times Run 3 minutes, Walk 3 Minutes Cool Down with 5 minutes of Walking | 23 | 24 Brisk Walk 35 Minutes | 25 | 26 Brisk Walk 35 Minutes Run the last 10 minutes |
| 27 Brisk Walk 30 Minutes | 28 | 29 Warm up with 5 minutes of Walking Repeat 5 Times Run 1 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking | 30 | 1 July Brisk Walk 40 Minutes | 2 | 3 Brisk Walk 40 Minutes Run the last 14 minutes |
| 4 Independence Day Brisk Walk 30 Minutes | 5 | 6 Warm up with 5 minutes of Walking Repeat 5 Times Run 2 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking | 7 | 8 Brisk Walk 40 Minutes | 9 | 10 Brisk Walk 35 Minutes Run the last 18 minutes |
| 11 Brisk Walk 30 Minutes | 12 | 13 Warm up with 5 minutes of Walking Repeat 5 Times Run 3 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking | 14 | 15 Brisk Walk 40 Minutes | 16 | 17 Brisk Walk 45 Minutes Run the last 22 minutes |
| 18 Brisk Walk 30 Minutes | 19 | 20 Warm up with 5 minutes of Walking Repeat 5 Times Run 4 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking | 21 | 22 Brisk Walk 40 Minutes | 23 | 24 Brisk Walk 50 Minutes Run the last 26 minutes |
| 25 Parents' Day Brisk Walk 30 Minutes | 26 | 27 Warm up with 5 minutes of Walking Repeat 5 Times Run 5 minutes, Walk 1 Minutes Cool Down with 5 minutes of Walking | 28 | 29 Brisk Walk 40 Minutes | 30 | 31 Brisk Walk 35 Minutes Run the last 30 minutes |
| 1 August Brisk Walk 30 Minutes | 2 | 3 Brisk Walk 30 Minutes | 4 | 5 IRISH FESTIVAL 5K Race Day! | 6 | 7 |



dublin
IRISH FESTIVAL

LIKE IRELAND,
EXCEPT SMALLER



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