

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 3 Miles	2	3 4 Miles
6 3 Miles	7	8 4 Miles	9	10 4 Miles	11	12 5 Miles Last 2 miles Hard
13 3 Miles	14 Flag Day	15 4 Miles	16	17 4 Miles	18	19 5 Miles
20 Father's Day 3 Miles	21 June Solstice	22 5 Miles	23	24 4 Miles	25	26 6 Miles Last 2 miles Hard
27 3 Miles	28	29 Workout 5 Miles 1 Mile warm up 4 x .5 mile hard with 3 minutes rest 1 Mile Cool Down	30 3 Miles	1 July 4 Miles	2	3 6 Miles 5k Time Trial
4 Independence Day 3 Miles	5	6 Workout 6 Miles 1 Mile warm up 3 x 1 mile hard with 3 minutes rest 1 Mile Cool Down	7	8 4 Miles	9	10 7 Miles
11 3 Miles	12	13 Workout 6 Miles 1 Mile warm up 12 x .25 (400m) hard with 2 minutes rest 1 Mile Cool Down	14 3 Miles	15 4 Miles	16	17 7 Miles Last 2 miles Hard
18 3 Miles	19	20 Workout 6 Miles 1 Mile warm up 5 x .5 mile hard with 3 minutes rest 1 Mile Cool Down	21	22 4 Miles	23	24 8 Miles Run The Odd Miles Easy Run The Even Miles Hard
25 Parents' Day 3 Miles	26	27 Workout 6 Miles 1 Mile warm up 3 x 1 mile hard with 6 minutes rest 1 Mile Cool Down	28 3 Miles	29 4 Miles	30	31 6 Miles
1 August 3 Miles	2	3 Workout 4 Miles 1.5 Mile warm up 1 Mile of 1 minutes hard, 1 minute easy 1.5 Mile Cool Down	4	5 IRISH FESTIVAL 5K Race Day!	6	7



DUBLIN
IRISH FESTIVAL

LIKE IRELAND,
EXCEPT SMALLER



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PACERS