

Ballymena Runners Cosy Sofa Training Plan

Week	Run 1	Run 2	Run 3
1	2 min run 2 min run 2 min run With walks before each run	2 min run 2 min run 2 min run With walks before each run	3 min run 2 min run 3 min run With walks before each run
2	3 min run 3 min run 3 min run With walks before each run	4 min run 3 min run 4 min run With walks before each run	4 min run 4 min run 4 min run With walks before each run
3	5 min run 5 min run 5 min run With walks before each run	5 min run 5 min run 5 min run With walks before each run	6 min run 7 min run 6 min run With walks before each run
4	3 min run 8 min run 3 min run 8 min run With walks before each run	3 min run 8 min run 3 min run 8 min run With walks before each run	8 min run 8 min run 8 min run With walks before each run
5	3 min run 8 min run 3 min run 8 min run With walks before each run	3 min run 8 min run 3 min run 8 min run With walks before each run	8 min run 8 min run 8 min run With walks before each run
6	10 min run 6 min run 10 min run With walks before each run	10 min run 6 min run 10 min run With walks before each run	12 min run 6 min run 12 min run With walks before each run
7	15 min run 15 min run With walks before each run	15 min run 15 min run With walks before each run	20 min run With a walk before the run
8	24 min run With a walk before the run	24 min run With a walk before the run	27 min run With a walk before the run
9	30 min run With a walk before the run Congratulations!	Why not joint the 30 minute group on Monday evenings.....	Why not do the Ecos Parkrun on Saturday mornings.....

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