

# Sligo Grammar School

## *Transition Year 2022*

*"5km Walk / Run, Doorly Park*

**SATURDAY 14<sup>th</sup> May @ 9:30**



parkrun

**In aid of**



***Informational Booklet, Including Couch to 5km Training Plan***

# Welcome to our Transition Year Couch to 5km Fundraiser 2022

## About Our Fundraiser

Before commencing our fundraiser, The Northwest Hospice hosted an informative talk to all TY students on the 26<sup>th</sup> March about the services the charity provide. The aim of this fundraiser is to create awareness for the Hospice, to come together as a community including students, their families, staff and take part in a 5km walk/run while raising valuable funds for Northwest Hospice.

Everyone is welcome to take part in our 6 week couch to 5km training plan, starting on Monday 4<sup>th</sup> April. Details attached in this booklet.

We would like to thank Park Run Sligo for kindly offering to facilitate us completing our 5km walk/run as part of their weekly parkrun.

Thanks in advance for supporting our fundraiser. We look forward to seeing you in Doorly Park Saturday 14<sup>th</sup> May @ 9:30!

I Donate link:

<https://www.idonate.ie/SligoGrammarSchoolHospice5km>

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## 1. Getting Started Information

- *Please note a medical professional should be consulted before engaging in a new or vastly different exercise programme. Medical professionals can identify pre-existing conditions and use family history to help design the exercise programme.*
- **To make help make the 5k training a new routine you have to make a plan.**
- Firstly decide when you are going to take part. (14<sup>th</sup> May Doorly Park) To ensure you will stick to the plan incorporate the plan into your life setting, work or family life, schedule a time to do it. All sessions can be completed in less than an hour, pick the days and times and have them in your diary each week.
- Plan your route. – Think about safety especially as you may be listening to headphones. We advise you to be aware of your surroundings at all times. You may need a high vis if running late in the evening. Once you know where you are going it makes it easier to get outside. If you find you are losing motivation maybe go to a park or marked trail you have not been to before, this can kick start your motivation. Always let someone know where you are going and when you expect to be back.
- What gear do you need? The most essential thing you need is comfortable runners! Dress for the weather and remember it can get warm once you get moving, comfort is key. Leave your training gear out the night before if running in the morning, or bring it to work with you if running after. Sometimes the hardest part is getting dressed to train. Once the gear is on you are more likely to get out the door and go.

## **2. Top Tips for Completing your 5km.**

- Pick your route carefully, make sure it is safe, correct distance and not too hilly (if you can).
- Keep to a pace that is comfortable for you, do not go off too fast or you may regret it. You can worry about times later (forget looking at your watch) the important thing is to complete the 5k distance and enjoy it.
- Do not try out a brand-new pair of training/running shoes on the day, if you get new shoes make sure to break them in first.
- Wear running gear that you are most comfortable in (do not wear too much gear for the actual run you will warm up quickly).
- Do not drink loads of water before you start, you will get a stitch. Drink plenty of water the day before and on the day of your 5K just sip water up to about 30mins before you are due to start.
- Run it at a time that works for you, sometimes the earlier in the day the better, that way you can enjoy the rest of the day rather than thinking about it all day if you decide to do an evening run, but if you enjoy running in the evening then that's the time for you.
- Have a family member or friend near the end to spur you on.
- Try to smile and have fun, research shows that smiling relaxes the face and body, which makes running easier. Plus, you should be proud of yourself, you are doing a 5k.

### **3. Couch to 5km Training Plan Starting Monday 4<sup>th</sup> April**

- Attached is a 6 week couch to 5km training plan aimed for people who have never run a 5km before.
- Also attached is a training plan log that you can put up in your house and tick off as you complete your sessions!
- Encourage a family member/friend to take part with you.

#### **Note**

- There are different training plans available on this website that may be relevant to some people for a 25 min 5km.
- <https://www.sligosportandrecreation.ie/active-people/active-adults/>

# FEEL GOOD 5k

## Training Plan Log

	Session Completed ✓	Notes
Week 1		
Session 1		
Session 2		
Session 3		
Week 2		
Session 1		
Session 2		
Session 3		
Week 3		
Session 1		
Session 2		
Session 3		
Week 4		
Session 1		
Session 2		
Session 3		
Week 5		
Session 1		
Session 2		
Session 3		
Week 6		
Session 1		
Session 2		
Session 3		

**KEEP WELL**

IN YOUR COMMUNITY



SPÓRT ÉIREANN  
SPORT IRELAND



Riailtas na hÉireann  
Government of Ireland



# SSRP FEEL GOOD 5K

## FIRST TIME 5K TRAINING PLAN WEEK 1

Terminology of Training Paces	<ul style="list-style-type: none"> <li>• <b>Brisk Walk:</b> Faster than you would walk around town or to the shops (Breathing is elevated but should still be comfortable and you should be able to talk relatively easily (your walking pace after each bout of running should be brisk but at a pace that allows you to recover sufficiently before you next jog)</li> <li>• <b>Jog:</b> Gentle running (breathing should be noticeable but you should still be able to talk to someone without too much difficulty)</li> <li>• <b>Easy Walk:</b> Walking at a slow pace comfortable to you to ensure complete recovery. This can be as slow as you want. (Breathing should be relaxed and talking is easy)</li> </ul>
	<b>All sessions are 30 minutes duration</b>
Session 1	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then alternate 2 minutes of jogging with 3 minutes of walking for 25 minutes.</li> </ul>
Session 2	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then alternate 2 minutes of jogging with 3 minutes of walking for 25 minutes.</li> </ul>
Session 3	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then alternate 3 minutes of jogging with 2 minutes of walking for 25 minutes</li> </ul>

### NOTES & TIPS

- **Programme:** This is a walk-jog programme. It involves periods of walking followed by periods of jogging. The programme is based on time not your distance covered. Each session is 30 minutes in duration.
- **Pacing:** The biggest factor in people dropping out is too much, too fast, too soon. Follow the guidelines for the paces above and **remember the right pace is your own pace.**
- **Timed 5K:** During your timed 5K at the end of the six weeks you will find that you can probably jog for 20 minutes or so before you need to walk, whatever your plan, start slowly and take a walk break whenever you feel you need it.
- **Stretching:** Leave any static stretching until after you have completed each session. A list of suitable stretches can be found here <https://www.runnersworld.com/training/g20862016/cool-down-routine/>
- **Routine:** Establish your set days and times (if possible) for your three weekly sessions. This will help you stick to the programme. Remember they are all just 30 minutes duration. You can do this.
- **Tiredness:** Don't let 'tiredness' stop you. This may just be mental fatigue and you will feel more energised after each session. **Remember to have at least one rest day in between each weekly session to allow your body time to recover.**
- **Motivation:** Exercise with a friend or family member if it helps to keep you motivated. You can also join or link with one of the local Athletics Clubs who will support you to stay motivated. We have also set up a Strava club if that helps.
- **Music:** Running to Music/Using headphones. It is important to also remember to keep safe when running to music outdoors. **Keep the volume down so you can hear what is going on around you. Avoid public roads and be aware of your surroundings at all times (road traffic, cyclists, dogs, other hazards)**

# SSRP FEEL GOOD 5K

## FIRST TIME 5K TRAINING PLAN WEEK 2

Terminology of Training Paces	<ul style="list-style-type: none"> <li>• <b>Brisk Walk:</b> Faster than you would walk around town or to the shops (Breathing is elevated but should still be comfortable and you should be able to talk relatively easily (<b>your walking pace after each bout of running should be brisk but at a pace that allows you to recover sufficiently before you next jog</b>))</li> <li>• <b>Jog:</b> Gentle running (breathing should be noticeable but you should still be able to talk to someone without too much difficulty)</li> <li>• <b>Easy Walk:</b> Walking at a slow pace comfortable to you to ensure complete recovery. This can be as slow as you want. (Breathing should be relaxed and talking is easy)</li> </ul>
	<b>All sessions are 30 minutes duration</b>
Session 1	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then alternate 3 minutes of jogging with 2 minutes of walking for 25 minutes</li> </ul>
Session 2	<ul style="list-style-type: none"> <li>• Start with a 6 minute brisk walk</li> <li>• Then alternate 4 minutes of jogging with 2 minutes of walking for 24 minutes.</li> </ul>
Session 3	<ul style="list-style-type: none"> <li>• Start with a 6 minute brisk walk</li> <li>• Then alternate 4 minutes of jogging with 2 minutes of walking for 24 minutes.</li> </ul>

### NOTES & TIPS

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## FIRST TIME 5K TRAINING PLAN WEEK 3

Terminology of Training Paces	<ul style="list-style-type: none"> <li>• <b>Brisk Walk:</b> Faster than you would walk around town or to the shops (Breathing is elevated but should still be comfortable and you should be able to talk relatively easily (<b>your walking pace after each bout of running should be brisk but at a pace that allows you to recover sufficiently before you next jog</b>))</li> <li>• <b>Jog:</b> Gentle running (breathing should be noticeable but you should still be able to talk to someone without too much difficulty)</li> <li>• <b>Easy Walk:</b> Walking at a slow pace comfortable to you to ensure complete recovery. This can be as slow as you want. (Breathing should be relaxed and talking is easy)</li> </ul>
	<b>All sessions are 30 minutes duration</b>
Session 1	<ul style="list-style-type: none"> <li>• Start with a 6 minute brisk walk</li> <li>• Then alternate 6 minutes of jogging with 2 minutes of walking for 24 minutes</li> </ul>
Session 2	<ul style="list-style-type: none"> <li>• Start with a 6 minute brisk walk</li> <li>• Then alternate 6 minutes of jogging with 2 minutes of walking for 24 minutes.</li> </ul>
Session 3	<ul style="list-style-type: none"> <li>• Start with a 6 minute brisk walk</li> <li>• Then alternate 8 minutes of jogging with 4 minutes of walking for 24 minutes.</li> </ul>
<b>NOTES &amp; TIPS</b> <ul style="list-style-type: none"> <li>• <b>Programme:</b> This is a walk-jog programme. It involves periods of walking followed by periods of jogging. The programme is based on time not your distance covered. Each session is 30 minutes in duration.</li> <li>• <b>Pacing:</b> The biggest factor in people dropping out is too much, too fast, too soon. Follow the guidelines for the paces above and <b>remember the right pace is your own pace.</b></li> <li>• <b>Timed 5K:</b> During your timed 5K at the end of the six weeks you will find that you can probably jog for 20 minutes or so before you need to walk, whatever your plan, start slowly and take a walk break whenever you feel you need it.</li> <li>• <b>Stretching:</b> Leave any static stretching until after you have completed each session. A list of suitable stretches can be found here <a href="https://www.runnersworld.com/training/g20862016/cool-down-routine/">https://www.runnersworld.com/training/g20862016/cool-down-routine/</a></li> <li>• <b>Routine:</b> Establish your set days and times (if possible) for your three weekly sessions. This will help you stick to the programme. Remember they are all just 30 minutes duration. You can do this.</li> <li>• <b>Tiredness:</b> Don't let 'tiredness' stop you. This may just be mental fatigue and you will feel more energised after each session. <b>Remember to have at least one rest day in between each weekly session to allow your body time to recover.</b></li> <li>• <b>Motivation:</b> Exercise with a friend or family member if it helps to keep you motivated. You can also join or link with one of the local Athletics Clubs who will support you to stay motivated. We have also set up a Strava club if that helps.</li> <li>• <b>Music:</b> Running to Music/Using headphones. It is important to also remember to keep safe when running to music outdoors. <b>Keep the volume down so you can hear what is going on around you. Avoid public roads and be aware of your surroundings at all times (road traffic, cyclists, dogs, other hazards)</b></li> </ul>	

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## FIRST TIME 5K TRAINING PLAN WEEK 4

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	<b>All sessions are 30 minutes duration</b>
Session 1	<ul style="list-style-type: none"> <li>• Start with a 6 minute brisk walk</li> <li>• Then alternate 8 minutes of jogging with 4 minutes of walking for 24 minutes.</li> </ul>
Session 2	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then jog for 10 minutes, walk for 3 minutes, jog for 10 minutes and finish with 2 minutes of walking to warm down.</li> </ul>
Session 3	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then jog for 10 minutes, walk for 3 minutes, jog for 10 minutes and finish with 2 minutes of walking to warm down.</li> </ul>

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## FIRST TIME 5K TRAINING PLAN WEEK 5

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	<b>All sessions are 30 minutes duration</b>
Session 1	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then jog for 9 minutes, walk for 1 minute, jog for 12 minutes and finish with 3 minutes of walking to warm down.</li> </ul>
Session 2	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then jog for 9 minutes, walk for 1 minute, jog for 12 minutes and finish with 3 minutes of walking to warm down.</li> </ul>
Session 3	<ul style="list-style-type: none"> <li>• Start with a 3 minute brisk walk</li> <li>• Then jog for 15 minutes, walk for 2 minutes, jog for 8 minutes and finish with 2 minutes of walking to warm down.</li> </ul>

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# SSRP FEEL GOOD 5K

## FIRST TIME 5K TRAINING PLAN WEEK 6

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Session 2	<ul style="list-style-type: none"> <li>• Start with a 5 minute brisk walk</li> <li>• Then jog for 20 minutes and finish with 5 minutes of walking to warm down.</li> </ul>
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#### 4. SGS Strava Club

As part of our training, we encourage all students/ staff to use the Strava app and join the “Sligo Grammar School” club.

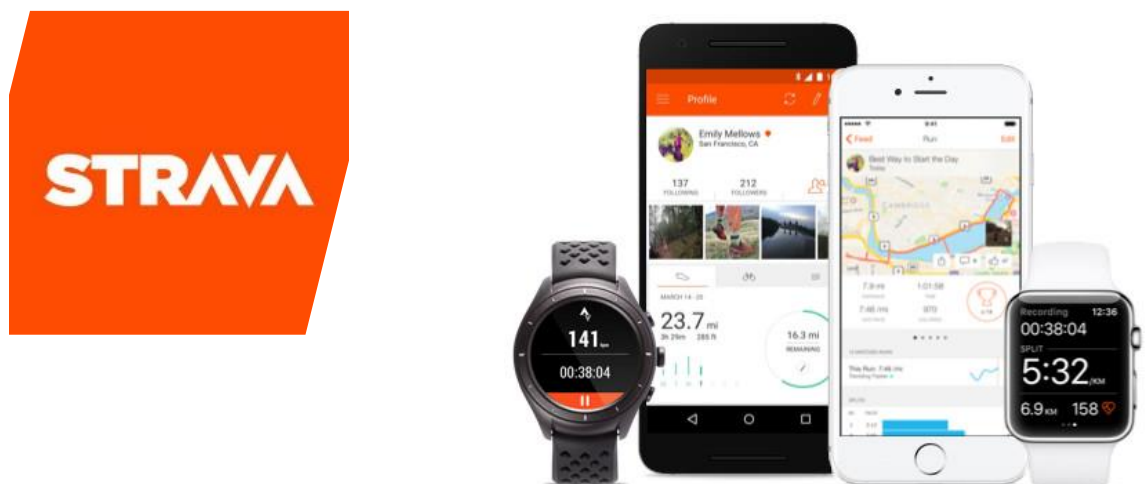
You can log all your runs, and give kudos to your class mates. There is a weekly leader board. This is a great way to keep yourself accountable and measure your progress.

***There will be Weekly Spot prizes for participation on Strava!***

You can use a smartphone/ smart watch and log all your runs to strava!

Click on link below on how to set up Strava

<https://www.youtube.com/watch?v=NZPRPgDzqj0>



## 5. Park Run Registration 5km Walk /Run 14<sup>th</sup> May

- We will be completing the 5km walk / run on a Saturday morning. Park run Sligo have kindly offered to facilitate us.
- The walk / run will start at 9:30 am sharp. The course is measure and everyone will be timed.
- You need to register on parkrun.ie prior to the event. There is no cost involved to participate in Park run.
- You need to print off your own personal barcode that you need to bring on the day. This barcode will be scanned and will digitally store your time and place.
- Once registered, you are free to take part in 128 park runs that take place every Saturday morning around the country!
- Visit [www.parkrun.ie](http://www.parkrun.ie) to register
- Volunteering is at fundamental core of park run, if you would like to help out as a marshal on our fundraising day (family members etc) , register online and contact Sligopark run on facebook.



## 6. I Donate Fundraising Page

- <https://www.idonate.ie/SligoGrammarSchoolHospice5km>
- I Donate Page set up, funds sent directly to North West Hospice.
- We are setting a target for each student in TY to raise €50 while completing their couch to 5km and their day.
- When donating online, we would ask family members, friends etc. to mention the person (student) their supporting for the walk/run.
- Link to the fundraising page will be available on the school website.

