



BEGINNER TRAINING GUIDE WEEK 1 - 4

By Athletics Ireland





DAY	ACTIVITY
1	35 mins Easy
2	Warm up, then 2x5 mins Steady with 2 mins recoveries, finish with 5 mins Easy
3	15 mins Easy, 10 mins Steady (faster than your warm-up pace), 15 mins Easy

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BEGINNER GUIDE: WEEK 1





DAY	ACTIVITY
1	35 mins Steady
2	Warm up, then 5 x 2 mins Steady with 90-sec recoveries, 5 mins Easy
3	40 mins Easy

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BEGINNER GUIDE: WEEK 2





DAY	ACTIVITY
1	15 mins easy, 10 mins Race Pace, 15 mins Easy
2	10 mins jog, 4 x 3 min (1 min recovery), 10 min Easy
3	45 mins Easy

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BEGINNER GUIDE: WEEK 3





DAY	ACTIVITY
1	10 mins Easy, 5 mins Brisk, 10 mins Easy
2	20 mins Easy
3	Irish Runner 5 Mile Sponsored by Sports Travel International

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BEGINNER GUIDE: WEEK 4

