



ADVANCED TRAINING GUIDE WEEK 1 - 4

By Athletics Ireland





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

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ADVANCED GUIDE: WEEK 1





DAY	ACTIVITY
1	20 x (50 seconds Easy followed by 10 seconds Fast)
2	Warm up, then 5 x 3 mins Steady with 90-sec recoveries, 5 mins Easy
3	25 mins Steady

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ADVANCED GUIDE: WEEK 2





DAY	ACTIVITY
1	5 mins Easy, 10 mins Brisk, 5 mins Easy
2	10 mins jog, 6 x 30 secs fast with 30-sec recovery, 5 min Easy
3	4 mile Slow

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ADVANCED GUIDE: WEEK 3





DAY	ACTIVITY
1	10 mins Easy, 5 mins Brisk, 10 mins Easy
2	30 mins Easy
3	Irish Runner 5 Mile Sponsored by Sports Travel International

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ADVANCED GUIDE: WEEK 4

