

Complete your first 10 Mile

WEEK 1 Training Plan

Athletics Ireland Race Series: Irish Runner 10 Mile



By Athletics Ireland

Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

The aim of this plan is to progress from 5 Mile to 10 Mile, with the goal of running your first Irish Runner 10 Mile which takes place Sunday 23rd July in the Phoenix Park, Dublin.

Happy Running!

A guide to the terms in the plan:

- ▶ **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- ▶ **Slow Run:** Conversational pace. Complete your longer runs at this pace.
- ▶ **Steady Run:** Comfortable but purposeful pace.
- ▶ **Race Pace:** Comfortably hard. Approximately 80% effort
- ▶ **Cross-training:** Any other physical activity (walking or cycling).
- ▶ **Fast Run:** 90% effort.
- ▶ **Fartlek:** An easy run with fast bursts. Pick a marker and go!

Follow us:

- AthleticsIrelandRaceSeries
- athleticsirelandraceseries
- AIRacesSeries
- #AthleticsIrelandRaceSeries



Starting week of
Monday June 12th

WEEK 1 - FIRST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
10 mins - warm up 10 mins - fartlek (1 minute - easy, then 15 seconds - fast) 10 mins - cool down	2 miles - easy	20 mins - easy 15 mins - steady	5 miles

Your first 10 Mile Race Day takes place Sunday July 23rd!

Complete your 10 Mile Run

At the end of your 6-week plan, you'll be ready for your Irish Runner 10 Mile run!



Tag us in your running selfies using #ConquerTheDistance and #AthleticsIrelandRaceSeries



Complete your first 10 Mile

WEEK 2 Training Plan

Athletics Ireland Race Series: Irish Runner 10 Mile



By Athletics Ireland

Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

The aim of this plan is to progress from 5 Mile to 10 Mile, with the goal of running your first Irish Runner 10 Mile which takes place Sunday 23rd July in the Phoenix Park, Dublin.

Happy Running!

A guide to the terms in the plan:

- ▶ **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- ▶ **Slow Run:** Conversational pace. Complete your longer runs at this pace.
- ▶ **Steady Run:** Comfortable but purposeful pace.
- ▶ **Race Pace:** Comfortably hard. Approximately 80% effort
- ▶ **Cross-training:** Any other physical activity (walking or cycling).
- ▶ **Fast Run:** 90% effort.
- ▶ **Fartlek:** An easy run with fast bursts. Pick a marker and go!

Follow us:

- AthleticsIrelandRaceSeries
- athleticsirelandraceseries
- AIRacesSeries
- #AthleticsIrelandRaceSeries



Starting week of
Monday June 19th

WEEK 2 - FIRST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
10 mins - warm up 10 mins - fartlek (50 seconds - easy, then 15 seconds - fast) 15 mins - cool down	3 miles - easy	20 mins - easy 15 mins - steady	6 miles

Your first 10 Mile Race Day takes place Sunday July 23rd!

Complete your 10 Mile Run

At the end of your 6-week plan, you'll be ready for your Irish Runner 10 Mile run!



Tag us in your running selfies using #ConquerTheDistance and #AthleticsIrelandRaceSeries



Complete your first 10 Mile

WEEK 3 Training Plan

Athletics Ireland Race Series: Irish Runner 10 Mile



By Athletics Ireland

Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

The aim of this plan is to progress from 5 Mile to 10 Mile, with the goal of running your first Irish Runner 10 Mile which takes place Sunday 23rd July in the Phoenix Park, Dublin.

Happy Running!

A guide to the terms in the plan:

- ▶ **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- ▶ **Slow Run:** Conversational pace. Complete your longer runs at this pace.
- ▶ **Steady Run:** Comfortable but purposeful pace.
- ▶ **Race Pace:** Comfortably hard. Approximately 80% effort
- ▶ **Cross-training:** Any other physical activity (walking or cycling).
- ▶ **Fast Run:** 90% effort.
- ▶ **Fartlek:** An easy run with fast bursts. Pick a marker and go!

Follow us:

- AthleticsIrelandRaceSeries
- athleticsirelandraceseries
- AIRacesSeries
- #AthleticsIrelandRaceSeries



Starting week of
Monday June 26th

WEEK 3 - FIRST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
15 mins - warm up 10 mins - fartlek (45 seconds - easy, then 15 seconds - fast) 15 mins - cool down	4 miles - easy	20 mins - easy 20 mins - steady	7 miles

Your first 10 Mile Race Day takes place Sunday July 23rd!

Complete your 10 Mile Run

At the end of your 6-week plan, you'll be ready for your Irish Runner 10 Mile run!



Tag us in your running selfies using #ConquerTheDistance and #AthleticsIrelandRaceSeries



Complete your first 10 Mile

WEEK 4 Training Plan

Athletics Ireland Race Series: Irish Runner 10 Mile



By Athletics Ireland

Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

The aim of this plan is to progress from 5 Mile to 10 Mile, with the goal of running your first Irish Runner 10 Mile which takes place Sunday 23rd July in the Phoenix Park, Dublin.

Happy Running!

A guide to the terms in the plan:

- ▶ **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- ▶ **Slow Run:** : Conversational pace. Complete your longer runs at this pace.
- ▶ **Steady Run:** Comfortable but purposeful pace.
- ▶ **Race Pace:** Comfortably hard. Approximately 80% effort
- ▶ **Cross-training:** Any other physical activity (walking or cycling).
- ▶ **Fast Run:** 90% effort.
- ▶ **Fartlek:** An easy run with fast bursts. Pick a marker and go!

Follow us:

- AthleticsIrelandRaceSeries
- athleticsirelandraceseries
- AIRacesSeries
- #AthleticsIrelandRaceSeries



Starting week of
Monday July 3rd

WEEK 4 - FIRST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
10 mins - warm up 10 mins - fartlek (45 seconds - easy, then 15 seconds - fast) 10 mins - cool down	5 miles -easy	25 mins - easy 25 mins - steady	8 miles

Your first 10 Mile Race Day takes place Sunday July 23rd!

Complete your 10 Mile Run

At the end of your 6-week plan, you'll be ready for your Irish Runner 10 Mile run!



Tag us in your running selfies using #ConquerTheDistance and #AthleticsIrelandRaceSeries



Complete your first 10 Mile

WEEK 5 Training Plan

Athletics Ireland Race Series: Irish Runner 10 Mile



By Athletics Ireland

Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

The aim of this plan is to progress from 5 Mile to 10 Mile, with the goal of running your first Irish Runner 10 Mile which takes place Sunday 23rd July in the Phoenix Park, Dublin.

Happy Running!

A guide to the terms in the plan:

- ▶ **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- ▶ **Slow Run:** Conversational pace. Complete your longer runs at this pace.
- ▶ **Steady Run:** Comfortable but purposeful pace.
- ▶ **Race Pace:** Comfortably hard. Approximately 80% effort
- ▶ **Cross-training:** Any other physical activity (walking or cycling).
- ▶ **Fast Run:** 90% effort.
- ▶ **Fartlek:** An easy run with fast bursts. Pick a marker and go!

Follow us:

- AthleticsIrelandRaceSeries
- athleticsirelandraceseries
- AIRacesSeries
- #AthleticsIrelandRaceSeries



Starting week of
Monday July 10th

WEEK 5 - FIRST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
15 mins - warm up 10 mins - fartlek (30 secs easy followed by 30 secs fast) 10 mins - cool down	6 miles - easy	25 mins - easy 25 mins - steady	9 miles

Your first 10 Mile Race Day takes place Sunday July 23rd!

Complete your 10 Mile Run

At the end of your 6-week plan, you'll be ready for your Irish Runner 10 Mile run!



Tag us in your running selfies using #ConquerTheDistance and #AthleticsIrelandRaceSeries



Complete your first 10 Mile

WEEK 6 Training Plan

Athletics Ireland Race Series: Irish Runner 10 Mile



By Athletics Ireland

Training overview:

This programme is only a suggestion and should be adapted to suit your work and home life. Always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

The aim of this plan is to progress from 5 Mile to 10 Mile, with the goal of running your first Irish Runner 10 Mile which takes place Sunday 23rd July in the Phoenix Park, Dublin.

Happy Running!

A guide to the terms in the plan:

- ▶ **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- ▶ **Slow Run:** Conversational pace. Complete your longer runs at this pace.
- ▶ **Steady Run:** Comfortable but purposeful pace.
- ▶ **Race Pace:** Comfortably hard. Approximately 80% effort
- ▶ **Cross-training:** Any other physical activity (walking or cycling).
- ▶ **Fast Run:** 90% effort.
- ▶ **Fartlek:** An easy run with fast bursts. Pick a marker and go!

Follow us:

- AthleticsIrelandRaceSeries
- athleticsirelandraceseries
- AIRacesSeries
- #AthleticsIrelandRaceSeries



Starting week of
Monday July 17th

WEEK 6 - FIRST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
15 mins - warm up 15 mins - race pace 15 mins - cool down	20 mins with 6 x 60m fast	20 mins - easy	Complete your first Irish Runner 10 Mile Run

Your first 10 Mile Race Day takes place Sunday July 23rd!

Complete your 10 Mile Run

At the end of your 6-week plan, you'll be ready for your Irish Runner 10 Mile run!



Tag us in your running selfies using #ConquerTheDistance and #AthleticsIrelandRaceSeries

