

Run your fastest 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 improve on your 10 Mile time, with the goal of running your fastest 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 - FASTEST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 mins - easy 10 mins - race pace 15 mins - easy	Rest or 20 mins - easy	4 miles - easy	10 mins - warm up 10 mins - fartlek (50 seconds - easy and then 10 seconds - fast) 10 mins - cool down	6 miles

Your Fastest 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



Run your fastest 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 improve on your 10 Mile time, with the goal of running your fastest 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 - FASTEST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 mins - easy 10 mins - race pace 15 mins - easy	Rest or 20 mins - easy	5 miles - easy	10 mins - warm up 10 mins - fartlek (45 seconds - easy and then 10 seconds - fast) 10 mins - cool down	8 miles

Your Fastest 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



Run your fastest 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 improve on your 10 Mile time, with the goal of running your fastest 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 - FASTEST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 mins - easy 15 mins - race pace 15 mins - easy	Rest or 20-25mins - easy	6 miles - easy	10 mins - warm up 10 mins - fartlek (45 seconds - easy and then 15 seconds - fast) 10 mins - cool down	10 miles - easy

Your Fastest 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



Run your fastest 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 improve on your 10 Mile time, with the goal of running your fastest 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 - FASTEST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 mins - easy 15 mins - race pace 15 mins - easy	Rest or 20-25 mins - easy	6 miles - easy	10 mins - warm up 10 mins - fartlek (45 secs easy followed by 15 secs fast) 10 mins - cool down	12 miles - easy

Your Fastest 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



Run your fastest 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 improve on your 10 Mile time, with the goal of running your fastest 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 - FASTEST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 mins - easy 15 mins - race pace 15 mins - easy	Rest or 20-25 mins - easy	6 miles - easy	10 mins - warm up 10 mins - fartlek (30 seconds easy, then 30 seconds fast) 10 mins - cool down	8 miles - easy

Your Fastest 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



Run your fastest 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 improve on your 10 Mile time, with the goal of running your fastest 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 - FASTEST 10 MILE CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
15 mins - warm up 15 mins - race pace 15 mins - cool down	Rest	20 mins - easy	20 mins with 6x60m fast	Run your fastest Irish Runner 10 Mile

Your Fastest 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

