

Run Your Fastest 10 Mile

WEEK 3 TRAINING PLAN



By 'Runuary' Coach Irene Clark

Requires significant base level fitness (currently run 10 miles).

Mileage: 20-25 per week (3 weekdays plus weekends).

A guide to the terms in this plan

- **Easy Run:** A gentle jog slightly above walking pace.
- **Slow Run:** Conversational pace.
- **Race Pace:** Comfortably hard. Approximately 80% effort.
- **Fast Run:** 90% effort.

- **Fartlek:** An easy run with fast bursts. Pick a marker and go! Streetlights or telephone poles have been the key fartlek source of runners for years!

Warm up with 5 – 10 minutes slow jog and always down. You can add in stretching and mobility work too.



WEEK 3 - YOUR 10 MILE CHALLENGE TRAINING PLAN



Week of
January 17th

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 (30 seconds easy, then 30 seconds fast) 10 mins - cool down	8 miles - easy



Tips for your fastest 10 mile on race day - 31 January

At the end of your 4-week training plan, you'll be ready for your 10 mile run



Submit your time on January 31st on the portal – it will be emailed to you on Friday January 28th



Please note the portal for submitting your time will open from 9am on January 31st. A link to this portal will be emailed to you.



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