

Run Your Fastest 10 Mile

WEEK 1 TRAINING PLAN



By 'Runuary' Coach Irene Clark

This plan requires a significant base level fitness (assumes you can currently run 10k).

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!

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



WEEK 1 - 10 MILE TRAINING PLAN



Week of
January 3rd

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



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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