

Run Your First 10 Mile

WEEK 4 TRAINING PLAN



By 'Runuary' Coach Irene Clark

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.
- **Steady Run:** Comfortable purposeful 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 resource 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 4 - 10 MILE CHALLENGE TRAINING PLAN



Starting week of
January 24th

DAY 1	DAY 2	DAY 3	DAY 4
15 mins - warm up 15 mins - race pace 15 mins - cool down	20 mins - easy	20 mins with 6*60m fast	10 mile run



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

You're 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.

Tag us in your running selfies using **#Runuary2022**

@irishlifehealth @irishathletics

@irishlifehealth @athleticsireland

@athleticsireland @irishlife.ie

