

# Run Your First 10 Mile

## WEEK 1 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. Complete your longer runs at this pace. It feels unnatural to run slower at the start, but it is better as it helps you last the required distance.
- **Steady Run:** Comfortable purposeful pace. This familiarises your body with the pace you should start off on race day.

- **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!
- A 5 - 10 minute slow jog should be used to warm up and cool down. You can add in some stretching and mobility work too.



### WEEK 1 - FIRST 10 MILE TRAINING PLAN



Starting week of  
January 3rd

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	4 miles - easy	20 mins - easy 20 mins - steady	8 miles



### Tips for your first 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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