

# Run Your First 5 Mile

## WEEK 3 TRAINING PLAN



By 'Runuary' Coach Irene Clark

This requires a base level fitness (completed 5k and now looking to progress to 5 mile).

**Mileage: 10-12 miles per week (Across 3 days)**

### Training overview:

This is an outline for your training. You don't have to do your runs on set days but try to avoid running two days in a row.

It's better to take a rest day or do cross-training on the days in between runs. Cross-training can include any other physical activity (walking or cycling).

15 to 20 minutes of strength-training once or twice a week can also be beneficial.

### A guide to the terms in this plan

- **Easy Run:** A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.
- **Steady Run:** Comfortable but purposeful pace.
- **Race Pace:** Comfortably hard. Approximately 80% effort.
- **Cross-training:** Any other physical activity (walking or cycling).



## WEEK 3 - FIRST 5 MILE TRAINING PLAN



Starting week of  
January 17th

DAY 1	DAY 2	DAY 3
15 mins - easy 10 mins - race pace 15 mins - easy	10 min Warm up - easy 3 mins - steady 1 min - easy X 3 10 mins cool down - easy	50 mins - cross train - easy



### Tips for your first 5 Mile on race day - 31 January

At the end of your 4-week training plan, you'll be ready for your 5 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

