



5 MILE CHALLENGE (INTERMEDIATE – ADVANCED) TRAINING PLAN

By Athletics Ireland Regional Development Officer – David Matthews



TARGET TIME:
35 - 40 minutes.

This requires a significant base level fitness. Adjust pace accordingly if you wish to target a faster/slower time.



MILEAGE:
10-12 per week
(3 days per week)

TRAINING OVERVIEW

The training schedules overleaf give you an outline for your weekly workouts. You don't have to do your runs on specific days; however, you should try to avoid running two days in a row. It's key to have light and shade in your training, easy on the easy days and hard on your hard days.

It is 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).

Doing 15 to 20 minutes of strength-training one to two times a week can also be beneficial.

SCHEDULE

This intermediate-advanced runner program assumes that you can already run 4 – 5 mile. If you're currently running 5km or less, you may want to start with our beginner 5 Mile training plan.

Start each run with a warm-up walk or slow jog for 5 to 10 minutes. Runs should be done at a conversational pace. Finish up with a cool-down walk or slow jog for 5 to 10 minutes.



A GUIDE TO THE TERMS IN THE PLAN:

Easy Run: A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.



Slow Run: Conversational pace. You should complete your longer runs at this pace. It can feel unnatural to run slightly slower at the start, but it is better to hold back initially and last the required distance.

Steady Run: Comfortable but purposeful pace. This pace will familiarise your body with the pace you should start off on race day.

Race Pace: Comfortably hard. Approximately 80% effort.

Fast Run: 90% effort. Used for shorter speed sessions.



5 MILE CHALLENGE - TRAINING PLAN

PRE-TRAINING **Friday January 1st:** Rest/Cross Train **Saturday January 2nd:** 2 miles Easy



**STARTING
WEEK OF
JANUARY 4th**



**STARTING
WEEK OF
JANUARY 11th**



**STARTING
WEEK OF
JANUARY 18th**



**STARTING
WEEK OF
JANUARY 25th**

DAY 1	DAY 2	DAY 3
3 miles Easy	Warm up, then 5 x 2 mins Steady with 90-sec recoveries, 5 mins Easy	1 mile Easy, 2 miles Steady, 1 miles Easy
20 x (50 seconds Easy followed by 10 seconds Fast)	Warm up, then 5 x 3 mins Steady with 90-sec recoveries, 5 mins Easy	25 mins Steady
5 mins Easy, 10 mins Brisk, 5 mins Easy	10 mins jog, 6 x 30 secs fast with 30-sec recovery, 5 min Easy	4 mile Slow
10 mins Easy, 5 mins Brisk, 10 mins Easy	30 mins Easy	31st January 5 MILE CHALLENGE



#Runuary
VIRTUAL 5 MILE CHALLENGE RACE DAY

Complete your
5 Mile Run



Submit your time on Sunday January 31st via the portal which will be emailed to you on Friday January 29th



Make sure to tag us in your running selfies once you've completed your 10 mile using the hashtag **#Runuary**



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 on Friday January 29th.



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