



Irish Life
health

10 MILE CHALLENGE TRAINING PLAN

By Athletics Ireland Regional Development Officer – Bashir Hussain • Level 4 Coach



TARGET TIME:
75 - 80 minutes

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



MILEAGE:
20-25 per week (3 weekdays plus weekends)

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.

Brisk Run:

Comfortably hard. Approximately 80% effort.



Fast Run:

90% effort. Used for shorter speed sessions.



Fartlek:

An easy run with fast bursts as you wish.

Pick a marker and go! Streetlights or telephone poles have been the key fartlek resource of runners for years!

Please note a 5-10 minutes slow jog should be used to warm up and cool down before and after each session. This should be supplemented with some stretching and mobility work.

10 MILE CHALLENGE - TRAINING PLAN

PRE-TRAINING (Starting Friday January 1st)

Friday January 1st: 20 minutes Easy

Saturday January 2nd: 30 minutes 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	SAT	SUN
40 mins Easy	Warm up, then 3 x 1 mile (Steady) with 3-minute recoveries, then 10 mins Easy	5-6 miles Steady	10 mins Easy, 15 mins Brisk, 10 mins Easy	6 miles Slow
35 mins Fartlek (45 seconds Easy followed by 15 seconds Brisk if no physical markers are available)	Warm up, then 10 x 400m (Steady) with 90-sec recoveries, 10 mins Easy	35-40 mins Steady	Warm up, then 4 x 5 mins Fast (90 second recovery between each), then 13 mins Easy	20 mins easy, 4-5 miles Steady, 20 minutes Easy
15 mins Easy, 20 mins Brisk, 10 mins jog	10 mins jog, 6 x 30 secs Fast (30 second recovery between each), 5 min jog	Rest OR 20-25 mins Easy	15 mins Easy, 6 x 1min Brisk (30 second recovery), 15 min Easy	9 mile Slow
15 mins Easy, 20 mins Brisk, 10 mins Easy	35- 40 mins Easy	20-25 mins Easy	20 minutes Easy or Rest	31st January 10 MILE CHALLENGE RACE DAY



**#Runuary
10 MILE CHALLENGE RACE DAY**

Complete your
10 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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