



Irish Life
health

31KM CHALLENGE TRAINING PLAN

By Athletics Ireland Regional Development Officer – Grace Lynch



TARGET:
Complete 31km Challenge
over two days
(Jan 30th and 31st)

This requires a significant base level fitness. Suitable for those building back up marathon miles or those looking to progress on from completing a recent virtual Half Marathon.



KM PER WEEK:
40-50 km per week
(5 days per week)

This schedule is focused on the Long Slow Distance runs (LSD). The LSD is to be considered your hard work out day for the week. There are no tempo or track workouts listed on this schedule. If you wish, you can substitute one of the easy run days earlier in the week (Tuesday or Wednesday) for a speed or tempo work session. However, only do one alternate hard workout day per week and keep it earlier in the week so you are recovered for the focus day of training.

Also, if you are running with us on the Sunday morning, switch your LSD (Long Slow Distance) run from the weekend to Sundays.

Please note that this training schedules is only a guide. Check the total weekly distance, frequency, types of suggested runs and rest days as a total for the week and move them around to suit your schedule.

Each session should have a 10 minute jog and stretching as a warm up and cool down.



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.



31KM CHALLENGE - TRAINING PLAN

PRE-TRAINING (Starting Friday January 1st) **Friday January 1st:** Rest **Saturday January 2nd:** 10 km easy

WEEK 1
STARTING
WEEK OF
JANUARY 4th

WEEK 2
STARTING
WEEK OF
JANUARY 11th

WEEK 3
STARTING
WEEK OF
JANUARY 18th

WEEK 4
STARTING
WEEK OF
JANUARY 25th

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Rest or Cross Train	11km Easy	5km Easy	7km Easy	16km Slow
5km Easy	13km Slow	7km Easy	13km Slow	7km Easy
5km Brisk	8km Easy	7km Steady	5km Easy	16km Slow
5km Easy	5km Easy	3km Easy	15km #Runuary 31KM CHALLENGE DAY 1	16km #Runuary 31KM CHALLENGE DAY 2

January
30th

January
31st

#Runuary
VIRTUAL 31KM CHALLENGE RACE WEEKEND

Complete your
31km Runuary
Challenge

YAY!
I DID IT!
#RUNUARY

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



@irishlifehealth and @irishathletics



@irishlifehealth and @athleticsireland



@athleticsireland and @IrishLife.ie



Irish Life
health