



#BEACTIVE



EUROPEAN WEEK OF SPORT 23 - 30 September

Run your first ever Mile (Beginner)

This training schedule is aimed at anyone looking to run their first ever mile. You should have some base aerobic work already completed. For example, some walking/ jogging at an easy pace. The aim of this programme is to improve your aerobic fitness to help you conquer the 1 mile distance.

Prior to commencing the programme, you should visit your GP for a health check to ensure you are healthy and injury free and ready to begin your 5-day running plan. If at any point during the programme you are unwell or have any injury issues, you should visit your GP/ physiotherapist. With any new training program, you may experience muscular fatigue and muscles soreness as the body adapts to the new load. We would recommend completing some supplementary work to keep yourself injury free. This should include some core and strength work, good recovery protocols, good nutrition, mobility and stretching. You can find some mobility and stretching tips on the Athletics Ireland website. Always follow a pre and post run routine of muscular activation to prepare the body for your training and post run mobility to enhance recovery.

Warm up- We would recommend 5 mins of drills and activation exercises before you run. Some examples can be found here <https://www.athleticsireland.ie/news/pre-run-activation-drills-for-the-endurance-runner>



Sign up today at www.athleticsireland.ie

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Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Brisk walk 5 mins 30 secs jog with 90 secs brisk walk 8 times. 5 mins easy walk	20 mins aerobic activity- walk/easy jog alternations.	REST	Brisk walk 5 mins 30 secs jog with 90 secs brisk walk 8 times. 5 mins easy walk	20 mins aerobic activity plus S and C.	REST	Brisk walk 5 mins Alternate 60 secs jog with 90 secs brisk walk 8 times. 5 mins easy walk
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Brisk walk 5 mins. alternate 60 secs jog with 90 secs brisk walk 8 times. 5 mins easy walk	20 mins aerobic activity- walk/easy jog alternations.	REST	Brisk walk 5 mins alternate 60 secs jog with 90 secs brisk walk 8 times. 5 mins easy walk	20 mins aerobic activity plus S and C	REST	Brisk walk 5 mins alternate 60 secs jog with 60 secs brisk walk 10 times. easy walk 5 mins
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Brisk walk 5 mins alternate 90 secs jog with 60 secs brisk walk 6 times. Easy walk 5 mins	25 mins aerobic activity- walk/easy jog alternations.	REST	Brisk walk 5 mins alternate 90 secs jog with 60 secs brisk walk 6 times Easy walk 5 mins	25 mins aerobic activity- walk/easy jog alternations.	REST	Brisk walk 5 mins alternate 2 mins jog with 60 secs walk 4 times. Then jog for 5 minutes, walk for 90 seconds. 5 min brisk walk
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Brisk walk 5 mins then alternate 3 mins jog with 60 second walk x 4. 5 mins easy walk.	25/30 mins aerobic activity- walk/easy jog alternations.	REST	Brisk walk 5 mins alternate 3 mins jog with 60 second walk x 5. 5 mins easy walk	25/30 mins aerobic activity- walk/easy jog alternations.	REST	Brisk walk 5 mins Alternate 5 mins jog with 60 secs walk 3 times. Finish with 5 mins easy walk
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
RACE WEEK	RACE WEEK	RACE WEEK	RACE WEEK	RACE WEEK	RACE WEEK	RACE WEEK

For the week of the Family Mile, we would recommend resting two days before you are scheduled to run. Complete some mobility exercises the day before your race. Good sleep, nutrition and hydration levels should be the key focus this week.

To enter the Virtual Family Mile please visit <https://www.athleticsireland.ie/runzone/family-mile>