



Irish Runner 10 Mile Training Plan

- **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:** 30-35 per week (3 weekdays plus weekends)
 - **Pace Key:** Please see end of document

Week One (Starting week of June 22nd)

Day 1: 30 mins easy, try stay off hard surfaces when possible.

Day 2: 10 mins easy, then 6 x 1 min fast, 2 mins slow, then 5 mins jog

Day 3: 30 mins easy

Sat: 15 mins easy, then 3 x 5 mins Threshold Run (THR), with 2-min recoveries (See pace key for details)

Sun: 6 miles easy

TOTAL: 25-28 miles

Week Two (Starting week of June 29th)

Day 1: 30 mins easy

Day 2: As last week, but increase to 8 x 1 min fast

Day 3: 15 mins easy, 10 mins THR, then 10 mins steady

Sat: Rest

Sun: **Free Virtual Irish Runner 5 Mile Race** (Make sure to submit your time by 11.59pm)

TOTAL: 30 miles approx

Week Three (Starting week of July 6th)

Day 1: 30 mins easy

Day 2: As week 1, but 5 x 2 mins fast, 2 mins slow

Day 3: 10 mins easy, 30 mins steady

Sat: 10 mins easy, 2 x 10 mins THR, 10 mins easy

Sun: 8-10 miles easy

TOTAL: 33-35 miles

Web: <https://www.athleticsireland.ie/runzone/raceseries>

Facebook: <https://www.facebook.com/AthleticsIrelandRaceSeries/>



Week Four (Starting week of July 13th)

Day 1: 30 mins easy

Day 2: Warm up, then 4 x 3 mins fast, 2 mins slow, then 10 mins easy

Day 3: 5-6 miles steady

Sat: 10 mins easy, then 3 miles fast, timed, then 10 mins jog

Sun: Race 5-8 miles OR 10 miles steady

TOTAL: 30 miles approx.

Week Five (Starting week of July 20th)

Day 1: 35 mins fartlek (See Pace Key for details)

Day 2: Warm up, then 10 x 400m with 90-sec recoveries, then 10 mins jog

Day 3: 35-40 mins easy

Sat: 15 mins easy, plus 6 x 100m strides

Sun: **Free Virtual Great Ireland 10k** (Make sure to submit your time by 11.59pm)

TOTAL: 28-30 miles

Week Six (Starting week of July 27th)

Day 1: 40 mins easy

Day 2: Warm up, then 3 x 1 mile with 3-minute recoveries, then 10 mins jog

Day 3: 5-6 miles steady

Sat: 10 mins easy, 15 mins THR, 3 mins jog, 10 mins THR

Sun: 10-12 miles easy

TOTAL: 35 miles

Week Seven (Starting week of August 3rd)

Day 1: 35 mins fartlek

Day 2: Warm up, then 10 x 400m with 90-sec recoveries, 10 mins jog

Day 3: 35-40 mins steady

Sat: Warm up, then 4 x 5 mins fast, then 13 mins jog

Sun: 2 miles easy, 4-5 miles steady, 2 miles easy

TOTAL: 35 miles

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Week Eight (Starting week of August 10th)

Day 1: 15 mins easy, 20 mins THR, 10 mins jog

Day 2: 10 mins jog, 6 x 30 secs fast, 1 min slow, 5 min jog

Day 3: Rest OR 20-25 mins easy

Sat: 15 mins jog, 6 x 100m strides, 5 min jog

Sun: 15 mins warm up, 12 mile easy, 10 mins cool-down

Week Nine (Starting week of August 17th)

Day 1: 15 mins easy, 20 mins THR, 10 mins jog

Day 2: 10 mins jog, 6 x 30 secs fast, 1 min slow, 5 min jog

Day 3: Rest OR 20-25 mins easy

Sat: 15 mins jog, 6 x 100m strides, 5 min jog

Sun: 15 mins warm up, 12 mile easy, 10 mins cool-down

Week Ten (Starting week of August 24th) Irish Runner 10 Mile Race Week

- Submit your time from Monday – Sunday via Eventmaster
- Encourage you clubmates and friends to enter for some healthy competition
- Make sure to tag us in your running selfies once you've completed @athleticsireland

We look forward to seeing you all when the Irish Runner Races return in 2021!

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PACE KEY

- **Jog recovery** – a period of extremely slow running (barely above walking pace) in between the efforts in a speed session.
- **Easy** – a gentle jog at below 60% working heart rate (WHR). Running at this intensity will help your body recover between harder workouts, while still building your aerobic fitness and muscle-strength.
- **Slow** – conversational pace (60-65% WHR). This is the speed at which you should do your long runs - it might feel awkward at first, but it's better to hold back initially and last the distance than set off too fast and burn out just a few miles later.
- **Steady** – a comfortable, but purposeful pace. The 'steady' run helps teach your body economy, and also familiarises you with the speed you should set off on race day.
- **Threshold (THR), or Brisk** – around (85% WHR). Often described as feeling 'comfortably hard', aim to hit about an 8 on a perceived-exertion scale of 10.
- **Fast** – your 5K or 10K pace, depending on the distance of the speedwork reps (85-95% WHR). Try to hit your 5K pace for reps measuring up to 400m, and your 10K pace for reps between 800m and 1M in length.
- **Fartlek** – an easy pace, with fast bursts as you wish (70-85+% WHR).

To calculate your working heart rate, subtract your resting heart rate from your maximum; take the appropriate percentage of this figure, and then add it to your resting rate to find your target training rate.

