



JOIN THE Athletics Ireland iRun Programme

iRun is a recreational running programme created for secondary school students. The aim of this programme is simple, we want to get more students moving and enjoying physical activity in a relaxed and non-competitive environment. Our training programmes are designed in a simplified manner where students can participate and challenge themselves relative to their own fitness level.

3 Training Programmes

The programme is broken into three distinct training programmes, 'Get Going', 'Keep Going' and 'Stay Going'. Each programme is 6-weeks in duration and has a specific goal associated with it.

Get Going

For our initial programme 'Get Going' we want to get students familiar with exercise using a blend of walking and running. By the end of this programme, we would love to see students more comfortable continuously running for a period of time, the goal being around 10-minutes.

Keep Going

Our second programme is called 'Keep Going' and the aim of this programme is to further improve their endurance and stamina and their ability to run for a total of 25-minutes continuously.

Stay Going

Our third programme is called 'Stay Going' and our hope is that students have enjoyed the previous programmes and are willing to participate in this not only in school but also outside in their own free time. The aim of this programme is for students to be able to run continuously for 40-minutes.

- Each programme is 6-weeks in duration and has a specific goal associated with it. Within each phase there are three levels students can choose to opt into: Gold, Silver, or Bronze. Gold is aimed at students who run regularly, Silver is aimed at students who run occasionally, and bronze is aimed at students new to running.
- iRun can be delivered during class time, as part of PE, or as a pre or post school activity.
- Students will receive a specially designed iRun tracker which will include the training programme, tips, goal setting, and more. It will provide students with a means whereby they can log and monitor their training progress.

Expression of
Interest Form

