



iRun - Expressions of Interest Open for 2025/26 Academic Year

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.

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.

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 journal which will include the training programme, tips, goal setting, and more.

What Support Do We Provide?

- Teacher Manual (weekly session plan and games/activity cards)
- Student Resource (training plan and journal)
- Student Certificate
- Teacher induction at the start of the programme
- Social Media Toolkit



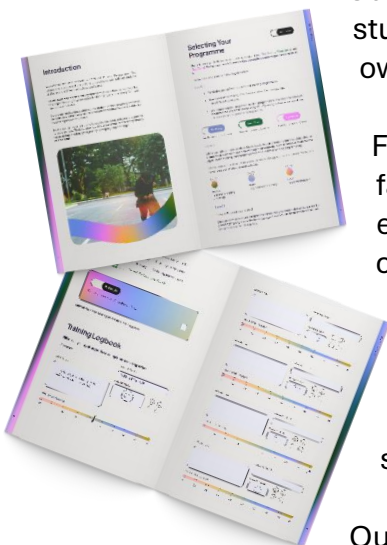
Why Take Part?

Our training programmes are designed in a simplified manner where students can participate and challenge themselves relative to their own fitness level.

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.

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

Our third programme is called 'Stay Going' and our hope is that students have enjoyed the previous two programmes and are willing to



participate in this programme not only in school but also outside of school in their own free time. The aim of this programme is for students to be able to run continuously for 40-minutes.

What did Schools say?

In 2024/25, 112 secondary schools signed up to take part in the iRun programme with over 13,000 students manuals distributed to schools. Feedback from participating schools has been really positive.

“Excellent programme that gets students, teachers and the whole school community involved” - secondary school located in Cork

“We will be doing it again. CLASS!! I am a PE Teacher with 27 Years experience and loved it.” – secondary school located in Dublin

Programme Costs

If your school is a **designated DEIS** school or you can demonstrate, using the Pobal Deprivation Index, that the school is in an area of *below average deprivation*, this programme is heavily subsidised through Sport Ireland, Dormant Accounts Funding

- Cost Per Student €0.50

Dormant Accounts Funding is a limited pot which means we can only take a certain number of schools. If we have more schools subscribe, we can offer you early sign up for the next round of programmes.

If your school is **non-DEIS** or **not** in an area of deprivation, the costs is as follows.

- Cost Per Student €1.50

If the cost is a significant barrier to taking part in the programme, please let us know and we can work with each school on a case-by-case basis.

Schools will receive a confirmation email in early June if they have been accepted onto the programme.

Interested?

If this programme is of interest to your school, please click in the link below. If you have any questions or queries, please do not hesitate to contact Jennifer Hanrahan, jenniferhanrahan@athleticsireland.ie

Register you expression of interest here:

<https://form.jotform.com/213153871402347>