

ATHLETICS IRELAND RACE SERIES 2026

IRISH RUNNER 5K



TRAINING PROGRAMS

IRISH RUNNER 5K: SATURDAY 16TH MAY, PHOENIX PARK



5K WALK / JOG TRAINING PLAN

BY COACH IRENE CLARK



5K WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

WEEK 1: (20 APR - 26 APR 2026)

Monday REST

Tuesday 25 MIN JOG/WALK

Wednesday REST

Thursday 30 MIN JOG/WALK

Friday REST

Saturday REST

Sunday 35 MIN JOG/WALK

5K WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

WEEK 2: (27 APR - 3 MAY 2026)

Monday REST

Tuesday 25 MIN JOG/WALK

Wednesday REST

Thursday 30 MIN JOG/WALK

Friday REST

Saturday REST

Sunday 35 MIN JOG/WALK

5K WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

WEEK 3: (4 MAY - 10 MAY 2026)

Monday REST

Tuesday 30 MIN JOG/WALK

Wednesday REST

Thursday 35 MIN JOG/WALK

Friday REST

Saturday REST

Sunday 40 MIN JOG/WALK

5K WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

WEEK 4: (11 MAY - 17 MAY 2026)

Monday REST

Tuesday 30 MIN JOG/WALK

Wednesday REST

Thursday 20 MIN JOG/WALK

Friday REST

Saturday **IRISH RUNNER 5K**

Sunday REST

BEGINNER RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK



BEGINNER RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 1: (20 APR - 26 APR 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED - 3-4 x 90 SECS MODERATE ~ 3 MILES

Wednesday REST

Thursday WARM UP 15 MIN EASY, EASY RUN & 4-6 x 20 SEC STRIDES ~ 3 MILES

Friday REST

Saturday REST

Sunday

EASY 5 MILE RUN

BEGINNER RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 2: (27 APR - 3 MAY 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 3-5 x
1 MIN HARD / 1 MIN EASY ~ 4 MILES

Wednesday REST

Thursday WARM UP 15 MIN EASY, EASY RUN
& 4-6 x 30 SEC STRIDES ~ 4 MILES

Friday REST

Saturday REST

Sunday EASY 5 MILE RUN

BEGINNER RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 3: (4 MAY - 10 MAY 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 3-4 x 2 MIN HARD / 2 MIN EASY ~ 4 MILES

Wednesday REST

Thursday WARM UP 15 MIN EASY, EASY RUN & 4-6 x 30 SEC STRIDES ~ 3 MILES

Friday REST

Saturday REST

Sunday EASY 4 MILE RUN

BEGINNER RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 4: (11 MAY - 17 MAY 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, EASY RUN & 3-4
x 60 SECS MODERATE / EASY ~ 3 MILES

Wednesday REST

Thursday WARM UP 15 MIN EASY, EASY RUN
& 4-6 x 30 SEC STRIDES ~ 3 MILES

Friday REST

Saturday **IRISH RUNNER 5K**

Sunday REST

INTERMEDIATE RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK



INTERMEDIATE RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 1: (20 APR - 26 APR 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 3-4 x 3 MINS HARD / 2 MINS EASY ~ 5 MILES

Wednesday REST

Thursday WARM UP 15 MINS EASY, EASY RUN & 4-6 x 20 SEC STRIDES ~ 5 MILES

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 9 MILE RUN

INTERMEDIATE RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 2: (27 APR - 3 MAY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 4-6 x 1 MIN MODERATE / 2 MIN EASY ~ 6 MILES

Wednesday REST

Thursday WARM UP 15 MINS EASY, EASY RUN & 4-6 x 30 SEC STRIDES ~ 5 MILES

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 10 MILE RUN

INTERMEDIATE RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 3: (4 MAY - 10 MAY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 3-4 x 4 MINS HARD / 2 MIN EASY ~ 5 MILES

Wednesday REST

Thursday WARM UP 15 MINS EASY, EASY RUN & 4-6 x 30 SEC STRIDES ~ 5 MILES

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 8 MILE RUN

INTERMEDIATE RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

WEEK 4: (11 MAY - 17 MAY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, EASY RUN & 2-3 x 3 MINS MODERATE / 2 MINS EASY ~ 6 MILES

Wednesday REST

Thursday WARM UP 15 MINS EASY, EASY RUN & 4-6 x 30 SEC STRIDES ~ 3 MILES

Friday REST

Saturday **IRISH RUNNER 5K**

Sunday REST