

ATHLETICS IRELAND RACE SERIES 2026

IRISH RUNNER 5 MILE



# TRAINING PROGRAMS

IRISH RUNNER 5 MILE: SUNDAY 21ST JUNE, PHOENIX PARK



# **5 MILE WALK / JOG TRAINING PLAN**

BY COACH IRENE CLARK

## **WHO IS THIS PLAN FOR?**

- INDIVIDUALS NEW TO JOGGING OR RETURNING AFTER A LONG BREAK
- WALKERS LOOKING TO INCORPORATE JOGGING INTO THEIR ROUTINE
- ANYONE SEEKING A FLEXIBLE, NON-INTIMIDATING APPROACH TO RUNNING



# 5 MILE WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 1: (18 MAY - 24 MAY 2026)

Monday REST

Tuesday 35 MIN JOG/WALK

Wednesday REST

Thursday 40 MIN JOG/WALK

Friday REST

Saturday REST

Sunday 45 MIN JOG/WALK

# 5 MILE WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 2: (25 MAY - 31 MAY 2026)

Monday REST

Tuesday 40 MIN JOG/WALK

Wednesday REST

Thursday 45 MIN JOG/WALK

Friday REST

Saturday REST

Sunday 50 MIN JOG/WALK

# 5 MILE WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 3: (1 JUNE - 7 JUNE 2026)

Monday REST

Tuesday 45 MIN JOG/WALK

Wednesday REST

Thursday 50 MIN JOG/WALK

Friday REST

Saturday REST

Sunday 55 MIN JOG/WALK

# 5 MILE WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 4: (8 JUNE - 14 JUNE 2026)

Monday REST

Tuesday 35 MIN JOG/WALK

Wednesday REST

Thursday 40 MIN JOG/WALK

Friday REST

Saturday REST

Sunday 45 MIN JOG/WALK

# 5 MILE WALK/JOG TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 5: (15 JUNE - 21 JUNE 2026)

Monday REST

Tuesday 30 MIN JOG/WALK

Wednesday REST

Thursday 20 MIN JOG/WALK

Friday REST

Saturday REST

Sunday **IRISH RUNNER 5 MILE**

# ***BEGINNER RUNNER'S TRAINING PLAN***

BY COACH IRENE CLARK

## **WHO IS THIS PLAN FOR?**

- RUNNERS WHO CURRENTLY RUN THREE TIMES PER WEEK
- THOSE LOOKING TO INCREASE WEEKLY MILEAGE AND IMPROVE ENDURANCE
- INDIVIDUALS PREPARING FOR 5K - 10M RACES



# BEGINNER RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 1: (18 MAY - 24 MAY 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, EASY RUN & 4  
- 6 \*30 SECS ~ 4 MILES

Wednesday REST

Thursday WARM UP 15 MIN EASY, SPEED 3-4 \*2  
MIN MODERATE / 2 MIN EASY ~ 5 MILES

Friday REST

Saturday REST

Sunday EASY 6 MILE RUN

# BEGINNER RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 2: (25 MAY - 31 MAY 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 3-5 \*3 MIN HARD / 2 MIN EASY ~ 5 MILES

Wednesday REST

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

Friday REST

Saturday REST

Sunday EASY 7 MILE RUN

# BEGINNER RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 3: (1 JUNE - 7 JUNE 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 2-3 \*4 MIN MODERATE /2 MIN EASY & 4\*30 SECS HARD / EASY ~ 5 MILES

Wednesday REST

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

Friday REST

Saturday REST

Sunday EASY 8 MILE RUN

# BEGINNER RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 4: (8 JUNE - 14 JUNE 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 3-4\*4 MIN MODERATE / 2 MIN EASY & 4\*30 SECS HARD / EASY ~ 5 MILES

Wednesday REST

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

Friday REST

Saturday REST

Sunday EASY 6 MILE RUN

# BEGINNER RUNNER'S TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 5: (15 JUNE - 21 JUNE 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 4\*90 SECS RACE PACE / 2 MINS EASY ~ 3 MILES

Wednesday REST

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

Friday REST

Saturday REST

Sunday **IRISH RUNNER 5 MILE**

# ***INTERMEDIATE RUNNER'S TRAINING PLAN***

BY COACH IRENE CLARK

## **WHO IS THIS PLAN FOR?**

- RUNNERS CURRENTLY RUNNING 3-4 TIMES PER WEEK
- THOSE LOOKING TO INCREASE SPEED, ENDURANCE, AND RACE PERFORMANCE
  - INDIVIDUALS TARGETING 5K - 10 MILE EVENTS



# INTERMEDIATE RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 1: (18 MAY - 24 MAY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, EASY RUN & 4-6\*30 SEC STRIDES ~ 4 MILES TOTAL

Wednesday REST

Thursday WARM UP 15 MINS EASY, SPEED 3-4\*3 MIN HARD / 2 MIN EASY ~ 6 MILES TOTAL

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 10 MILE RUN

# INTERMEDIATE RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 2: (25 MAY - 31 MAY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 2-3\*5 MIN HARD / 3 MIN EASY ~ 7 MILES TOTAL

Wednesday REST

Thursday WARM UP 15 MINS EASY, EASY RUN & 4-6\*30 SEC STRIDES ~ 6 MILES TOTAL

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 10 MILE RUN

# INTERMEDIATE RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 3: (1 JUNE - 7 JUNE 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 5-4-3-2-1-  
MIXED EFFORTS / 2 MIN EASY ~7 MILES TOTAL

Wednesday REST

Thursday WARM UP 15 MINS EASY, EASY RUN &  
4-6\*30 SEC STRIDES ~ 6 MILES TOTAL

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 11 MILE RUN

# INTERMEDIATE RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 4: (8 JUNE - 14 JUNE 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 4-5\*4 MIN MODERATE / 2 MIN EASY\* 4\*30 SECS HARD / EASY ~ 7 MILES TOTAL

Wednesday REST

Thursday WARM UP 15 MINS EASY, EASY RUN & 4-6\*30 SEC STRIDES ~ 6 MILES TOTAL

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 8 MILE RUN

# INTERMEDIATE RUNNER'S 5 MILE TRAINING PLAN

BY COACH IRENE CLARK

## WEEK 5: (15 JUNE - 21 JUNE 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 3\*3 MINS  
RACE PACE / 2 MINS EASY ~ 6 MILES TOTAL

Wednesday REST

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

Friday REST

Saturday REST

Sunday **IRISH RUNNER 5 MILE**