

ATHLETICS IRELAND RACE SERIES 2026

IRISH RUNNER 10 MILE



TRAINING PROGRAMS

IRISH RUNNER 10 MILE: SUNDAY 19H JULY, PHOENIX PARK



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 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 1: (22 JUNE - 28 JUNE 2026)

Monday REST

Tuesday REST

Wednesday WARM UP 15 MIN EASY, SPEED 4-6*1
MIN MODERATE / 2 MIN EASY ~ 5 MILES

Thursday REST

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

Saturday REST

Sunday EASY 9 MILE RUN

BEGINNER RUNNER'S 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 2: (29 JUNE - 5 JULY 2026)

Monday REST

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

Wednesday REST

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

Friday REST

Saturday REST

Sunday EASY 10 MILE RUN

BEGINNER RUNNER'S 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 3: (6 JULY - 12 JULY 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 2-3*5 MINS HARD / 3 MINS EASY ~ 3 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 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 4: (13 JULY - 19 JULY 2026)

Monday REST

Tuesday WARM UP 15 MIN EASY, SPEED 4*30 SECS HARD / 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 10 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 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 1: (22 JUNE - 28 JUNE 2026)

Monday REST

Tuesday REST

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

Thursday EASY 3 MILE RUN

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

Saturday REST

Sunday EASY 8 MILE RUN

INTERMEDIATE RUNNER'S 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 2: (29 JUNE - 5 JULY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 4-5*2 MIN MODERATE / 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 12 MILE RUN

INTERMEDIATE RUNNER'S 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 3: (6 JULY - 12 JULY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 2-3*6 MINS HARD / 3 MINS EASY ~ 7 MILES TOTAL

Wednesday REST

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

Friday EASY 3 MILE RUN

Saturday REST

Sunday EASY 7 MILE RUN

INTERMEDIATE RUNNER'S 10 MILE TRAINING PLAN

BY COACH IRENE CLARK

WEEK 4: (13 JULY - 19 JULY 2026)

Monday REST

Tuesday WARM UP 15 MINS EASY, SPEED 5 MINS RACE PACE & 4-6*30 S HARD / EASY ~ 3 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 10 MILE**