5 MILE CHALLENGE
RUN YOUR FIRST 5 MILE TRAINING PLAN

By Athletics Ireland Regional Development Officer – David Matthews

This requires a base level fitness (completed 5k and now looking to progress to 5 mile).

MILEAGE:
10-12 miles per week (Across 3 days)

A GUIDE TO THE TERMS IN THE PLAN:

Easy Run: A gentle jog slightly above walking pace. Aids recovery and aerobic fitness.

Slow Run: Conversational pace. You should complete your longer runs at this pace. It can feel unnatural to run slightly slower at the start, but it is better to hold back initially and last the required distance.

Steady Run: Comfortable but purposeful pace. This pace will familiarise your body with the pace you should start off on race day.

Race Pace: Comfortably hard. Approximately 80% effort.

Fast Run: 90% effort. Used for shorter speed sessions.

TRAINING OVERVIEW

The training schedules overleaf give you an outline for your weekly workouts. You don't have to do your runs on specific days; however, you should try to avoid running two days in a row.

It's better to take a rest day or do cross-training on the days in between runs. Cross-training can include any other physical activity (walking or cycling).

Doing 15 to 20 minutes of strength-training one to two times a week can also be beneficial.

SCHEDULE

This beginner runner program assumes that you can already run at least a mile nonstop.

Start each run with a **warm-up walk or slow jog for 5 to 10 minutes**. Runs should be done at a conversational pace. Finish up with a cool-down walk or slow jog for 5 to 10 minutes.

5 MILE CHALLENGE - TRAINING PLAN

PRE-TRAINING

It's important to plan your training throughout 'Runuary'. Why not start today by creating a schedule for your first week of training.

Friday January 1st: Rest/Cross Train   **Saturday January 2nd:** 25 minutes easy

	DAY 1	DAY 2	DAY 3
WEEK 1 STARTING WEEK OF JANUARY 4th	35 mins Easy	Warm up, then 2x5 mins Steady with 2 mins recoveries, finish with 5 mins Easy	15 mins Easy, 10 mins Steady (faster than your warm-up pace), 15 mins Easy
WEEK 2 STARTING WEEK OF JANUARY 11th	35 mins Steady	Warm up, then 5 x 2 mins Steady with 90-sec recoveries, 5 mins Easy	40 mins Easy
WEEK 3 STARTING WEEK OF JANUARY 18th	15 mins easy, 10 mins Race Pace, 15 mins Easy	10 mins jog, 4 x 3 min (1 min recovery), 10 min Easy	45 mins Easy
WEEK 4 STARTING WEEK OF JANUARY 25th	10 mins Easy, 5 mins Brisk, 10 mins Easy	20 mins Easy	31st January **5 MILE CHALLENGE**

January 31st

#Runuary
VIRTUAL 5 MILE CHALLENGE RACE DAY

Complete your 5 Mile Run

YAY! I DID IT! #RUNUARY

Submit your time on Sunday January 31st via the portal which will be emailed to you on Friday January 29th

Make sure to tag us in your running selfies once you've completed your 10 mile using the hashtag #Runuary

Please note the portal for submitting your time will open from 9am on January 31st. A link to this portal will be emailed to you on Friday January 29th.

#Runuary

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