

# 'Mover' 10k 13 Week Training Plan

Event day: **Sunday 10 April 2016**

In conjunction with Irish Runner - [irishrunner.com](http://irishrunner.com) **IRISH Runner**

Website: [greatirelandrun.org](http://greatirelandrun.org)

You've made the 5k distance your own and now can complete it comfortably. Now you want to take on a new challenge and move up to the 10k. This programme sees you running short distances from the start and then gradually increasing the distances peppered with some time trials. The pace on your runs should be easy conversational pace unless otherwise stated.

## WEEK 1 - STARTING MONDAY 11 JANUARY

Getting the body moving with easy running.

MONDAY	TUE	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUN
Completed ● 1k Run	REST	Completed ● 1k Run	Completed ● 1k Run	REST	Completed ● 1k Run	REST

## WEEK 2 - STARTING MONDAY 18 JANUARY

MONDAY	TUE	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUN
Completed ● 1.5k Run	REST	Completed ● 2.5k Run	Completed ● 1.5k Run	REST	Completed ● 2.5k Run	REST

## WEEK 3 - STARTING MONDAY 25 JANUARY

The distance increases and a Pace Mile to check your progress. This week sees you complete a good block of training including a Paced mile and a 4k run – two cornerstones of the week. Pick a sensible goal time for the mile and then let the designated pacemaker take you around. Challenging yourself to run at a faster pace makes your easy runs more comfortable and brings you to a new level of fitness.

MONDAY	TUE	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUNDAY
Completed ● 3k Run	REST	Completed ● 27 January: Irish Runner/SPAR Great Ireland Run Paced Mile Run ALSAA Dublin	Completed ● 2k Run	REST	Completed ● 4k Run	Completed ● 3k Run

## WEEK 4 - STARTING MONDAY 1 FEBRUARY

An easier week is needed to let your body get the benefits of the first 3 weeks of training. Make sure not to run too fast and feel as if you are holding yourself back. This will help the body recover into the next phase and reap the rewards.

MON	TUESDAY	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUN
REST	Completed ● 3k Run	Completed ● 5k Run	Completed ● 4k Run	REST	Completed ● 6k Run	REST

## WEEK 5 - STARTING MONDAY 8 FEBRUARY

Week 5 sees the next challenge with a 5k time trial, race or parkrun. The parkrun will probably be the ideal scenario but there should be plenty of events for you to choose from also. See how you feel on Sunday but an easy run will help with recovery and ease out the legs.

MONDAY	TUE	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUNDAY
Completed ● 4k Run	REST	Completed ● 5k Run	Completed ● 3k Run	REST	Completed ● 5K Time Trial, Race or parkrun	Completed ● Rest or 3k Run

## WEEK 6 - STARTING MONDAY 15 FEBRUARY

Making gains. Week 6 is about completing the distances set out and getting more comfortable with time on your feet. It's important not to worry about the pace. Don't overstretch yourself. You should feel pleasantly tired at the end of your runs – Saturday in particular for your 7k run.

MON	TUESDAY	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUNDAY
REST	Completed ● 4k Run	Completed ● 5k Run	Completed ● 4k Run	REST	Completed ● 7k Run	Completed ● 3k Run

## WEEK 7- STARTING MONDAY 22 FEBRUARY

Another mile marker and regular running. Your training is progressing well now and you should be in a good rhythm. Keep trying to meet with running partners and plan a suitable time to run. The paced mile is back again in ALSAA this week and look at improving on your previous time. Don't set too lofty a target and remember you can always make up time on the last lap. Let the pacers to do their job. If you can't get to ALSAA, try and get to your local track or mark out a route and test yourself.

MON	TUESDAY	WEDNESDAY	THURSDAY	FRI	SATURDAY	SUNDAY
REST	Completed ● 5k Run	Completed ● 24 February: Pace Mile ALSAA Dublin	Completed ● 4k Run	REST	Completed ● 5k Run	Completed ● 5k Run

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## WEEK 8 - STARTING MONDAY 29 FEBRUARY

MON	TUESDAY Completed ●	WEDNESDAY Completed ●	THURSDAY Completed ●	FRI	SATURDAY Completed ●	SUNDAY Completed ●
REST	4k Run	6k Run	4k Run	REST	5K Time Trial, Race or parkrun	Rest or 3k Recovery

## WEEK 9 - STARTING MONDAY 7 MARCH

You should be well into a rhythm now and Sunday sees you complete an 8km run. This is the key run of the week. Upping the distance one run a week, known as 'the long run,' has a myriad of benefits including improving your body's ability to transport oxygen around the body and improving your running economy. Get the money in the bank!

MONDAY Completed ●	TUE	WEDNESDAY Completed ●	THU	FRIDAY Completed ●	SATURDAY Completed ●	SUNDAY Completed ●
6k Run	REST	6k Run	REST	3k Run	3k Run	8k Run

## WEEK 10 - STARTING MONDAY 14 MARCH

MON	TUESDAY Completed ●	WEDNESDAY Completed ●	THURSDAY Completed ●	FRI	SATURDAY Completed ●	SUNDAY Completed ●
REST	6k Run	6K Run	5k Run - Happy St Patrick's Day	REST	5k Run	8k Run

## WEEK 11 - STARTING MONDAY 21 MARCH

The 'long run' is gaining traction now and you get up to 9k this week along with the challenge of Pace mile on the Wednesday. Enjoy the environs of the Phoenix Park for your 1 mile run and challenge yourself to a new time. Run in a rhythm and let the pacers do their job. Run in the group and don't feel like you have to be right on the back of the pacemaker.

MON	TUESDAY Completed ●	WEDNESDAY Completed ●	THURSDAY Completed ●	FRI	SATURDAY Completed ●	SUNDAY Completed ●
REST	5k Run	24 March: Pace Mile Phoenix Park Dublin	5k Run	REST	9k Run	Rest or 3k Recovery

## WEEK 12 - STARTING MONDAY 28 MARCH

You're logging more money in the bank this week with regular conversational pace running. You should feel as if you are in control of your body and not overreaching. Test yourself with a 5km time trial running at a steady pace – 40 –seconds slower per mile than your Paced mile time if possible.

MON	TUESDAY Completed ●	WEDNESDAY Completed ●	THURSDAY Completed ●	FRI	SATURDAY Completed ●	SUNDAY Completed ●
REST	5k Run	5k Time Trial	5k Run	REST	5k Run	9k Run

## WEEK 13 - STARTING MONDAY 4 APRIL - EVENT WEEK

Event week has arrived and you are ready to go. This week sees some easy running and a 2k 'tempo.' This should be run at the pace per km you run your 5k at e.g. a 25 minute 5k is 5 minutes per km. This tempo will fine tune the engine for Sunday. Get in the right wave for the 10k and run at a smooth pace. Don't push too hard at the start and let the first one or two km pass by. You'll want reserves for the end of the race.

MON	TUESDAY Completed ●	WEDNESDAY Completed ●	THU	FRIDAY Completed ●	SAT	SUNDAY Completed ●
REST	5k Run	2K easy; 2K Tempo (5k pace); 2K easy	REST	3k Run	REST	10 April: SPAR Great Ireland Run 10k Phoenix Park, Dublin.

**Relax-Smile and Enjoy a Fantastic Day.**