

Hope and Dreams 10 mile Road Race.

Training Plan

Week 3:

- **Beginner Jogger/Runner (take a rest day after each day's exercising)**
- **Stretch Before and After Exercise**

Day 1 (Mon)	Day 2(Wed)	Day 3(Fri/Sat/Sun)
<ul style="list-style-type: none"> • 10 min walk • 3 min jog • 10 min walk • 3 min jog • 10 min walk 	<ul style="list-style-type: none"> • 10 min walk • 3 min jog • 10 min walk • 4 min jog • 10 min walk 	<ul style="list-style-type: none"> • 10 min walk • 4 min jog • 10 min walk • 3 min jog • 5 min walk • 4 min jog
Total 36 mins	Total 37 mins	Total 36 mins

Week 3

Intermediate Jogger/Runner (Take a rest day after each day's exercising)

Stretch Before and After Exercise

Day 1 (Mon)	Day 2(Wed)	Day 3(Fri/Sat/Sun)
<ul style="list-style-type: none"> • 5 min jog • Fartlek • 4 x 2mins run (on) 3 min jog (off) • 2 x 3min run (on) 2 min jog (off) • 5 min jog 	<ul style="list-style-type: none"> • 35 - 40 mins easy jog 	<ul style="list-style-type: none"> • 10 mins jog • 20 mins *Tempo Running • 10 mins jog
Total 41 mins	Total 35 -40 mins	Total 40 mins

***Tempo Running** is when you are moving at a rate of 75% to 85% of your race pace. You should be running at a steady pace out of your comfort zone. You should always start and finish tempo running or fartlek training with a 5 – 10 min easy jog warm up/cool down.

The ***Hope and Dreams 10 miler*** may seem like a long way away so I recommend that you set some smaller goals along the way. There are a number of races over the next two months that may interest you and would provide you with some excellent preparation for April 1st.

- **Enniscorthy 10k**, Enniscorthy, Co. Wexford, 12th February, Start 12pm. Enter on line @runireland.com (probably better suited to intermediate jogger/runner.) €15 entry fee
- **Operation Transformation 5k Fun Run**, Phoenix Park, Dublin, 18th February, Start 10am. Enter on line, limited to 5000 participants, Free entry (Intermediate/beginner)
- **Celtic Link 10K**, Duncannon, Co Wexford, 26th February, Start 12pm, Enter on line @runireland.com. €20 entry fee. (Intermediate/Beginner).

Gerry McQuaid