



**Cara Bundoran 10 - 9th March 2013**

**10miles in 15 Weeks**

	Mon	Wed	Fri	Sun
<b>Week 1</b>	20 mins	15mins	20 mins	3 miles
	Ref 1	Ref 1	Ref 1	Ref 1
<b>Week 2</b>	25 mins	20mins	20 mins	3 miles
	Ref 1	Ref 1	Ref 1	Ref 1
<b>Week 3</b>	25 mins	15 mins	25 mins	3.5 miles
	Ref 1	Ref 3	Ref 1	Ref 1
<b>Week 4</b>	30 mins	15 mins	25 mins	4 miles
	Ref 1	Ref 3	Ref 1	Ref 1
<b>Week 5</b>	30 mins	15 mins	25 mins	4 miles
	Ref 1	Ref 3	Ref 2	Ref 1
<b>Week 6</b>	20 mins	10 mins	20 mins	2 miles
	Ref 1	Ref 3	Ref 1	Ref 1
<b>Week 7</b>	35 mins	15 mins	30 mins	4.5 miles
	Ref 1	Ref 3	1 x 5mins Ref 2 Inc.	Ref 1
<b>Week 8</b>	40 mins	15 mins	35 mins	5 miles
	Ref 1	Ref 3	1 x 6mins Ref 2 Inc.	Ref 1
<b>Week 9</b>	40 mins	15 mins	40 mins	5.5 miles
	Ref 1	Ref 3	2 x 4 mins Ref 2 Inc.	Ref 1
<b>Week 10</b>	35 mins	15 mins	30 mins	4.5 miles
	Ref 1	Ref 3	2 x 4mins Ref 2 Inc.	Ref 1
<b>Week 11</b>	40 mins	15 mins	35 mins	5 miles
	Ref 1	Ref 3	3 x 3mins Ref 2 Inc.	Ref 1
<b>Week 12</b>	40 mins	15 mins	40 mins	5.5 miles
	Ref 1	Ref 3	2 x 5mins Ref 2 Inc.	Ref 1
<b>Week 13</b>	35 mins	15 mins	30 mins	4.5 miles
	Ref 1	Ref 3	3 x 4mins Ref 2 Inc	Ref 1
<b>Week 14</b>	40 mins	15 mins	35 mins	5 miles
	Ref 1	Ref 3	5 x 3mins Ref 2 Inc.	Ref 1
<b>Week 15</b>	40 mins	15 mins	40 mins	5.5 miles
	Ref 1	Ref 3	Ref 3	Ref 1

*[a] Beginners - assuming some basic fitness - i.e. the ability to jog comfortably for 10 minutes*

*[b] Completed attached Health Screen*

Ref 1 -- Easy - chatting pace as you jog/run

Ref 2 Fast Tempo pace - slightly faster than race pace with 50% time recovery -i.e. easy running

Ref 3 Fartlex - efforts of 15 to 40secs - recovery x 2 times efforts.W/up 10mins easy - W/down 10mins easy

Recovery - to assist with recovery during or between sessions - slower than Easy running

If participants need Advice and Support please contact Tir Chonail AC coaches Paddy Donoghue +353 (0)87 2376389 or Richard McCarthy +353 [0]87 9375599 or Eamon Harvey + 353 [0]87 2797548