Rough Training Schedule leading up to Great Limerick Run – Sunday May 1st.

N.B. Always listen to your body. Never push too far past your limits. If feeling tired/rundown, take it easier than normal or take a few days off running.

Wk1: Jan 7th 2-3 mile Group Run (some surges throughout run) 4-6 mile Group Run (some surges throughout run)		Wk5: Feb 4th 2 -3 mile fartlec 5-6 mile fartlec		Wk9: Mar 4th 3 x 6 mins, 2 min recovery 2 x 200m strides 3 x 6 mins, 2 min recovery 4 x 200m strides		Wk13: Apr 1st 4-5 x 3 mins, 1 min recovery 3-5 x 1 min, 1 min recovery 6 x 3 mins, 1 min recovery 4-6 x 1 min, 1 min recovery
Wk2: Jan 14th 4-5 x 3 mins, 90 sec recovery 3 x 1 min, 60 sec recovery 6 x 3 mins, 90 sec recovery 4 x 1 min, 60 sec recovery		Wk6: Feb 11th 4-5 x 3 mins, 1 min recovery 3 x 1 min, 1 min recovery 6 x 3 mins, 1 min recovery 4 x 1 min, 1 min recovery		Wk10: Mar 11th 6-8 x 400m + strides 8 x 400m + strides [EASY IF DOING ADARE 10km on Sunday 13th]		Wk14: Apr 8th 3 x 1 mile at YOUR race pace 5 x 1 mile at YOUR race pace
Wk3: Jan 21st 1min,2min,3min,-,3min,2min, 1min (1 min recovery between each effort) 1min,2min,3min,4 min,3min, 2min,1min (1 min recovery between each effort)		Wk7: Feb 18th Hill session Hill session		Wk11: Mar 18th 1, 2, 3, 4, -, 3, 2, 1 (1 min recovery between each effort) 1, 2, 3, 4, 4, 3, 2, 1 (1 min recovery between each effort)		Wk15: Apr 15th Choice! 1) Fartlec run or 2) 3 x 1 mile at race pace Choice! 1) Fartlec run or 2) 4 x 1 mile at race pace
Wk4: Jan 28th Mile time trials x 2-4 Mile time trials x 4-5		Wk8: Feb 25th Mile time trials x 2-4 Mile time trials (1 mile – 2 mile – 1 mile)		Wk12: Mar 25th Mile time trials x 3-4 Mile time trials (1mile – 2mile – 2mile – 1mile)		Wk16: Apr 22nd 6-8 x 200m + strides 8 x 200m + strides [TAPER FOR Great Limerick Run]

NOTES:

<10 km training group is in blue **[Warmup & Cooldown applies to all sessions but is not explicitly written above]**
> 10km training group is in red
Friday-evening group training should be supplemented with at least 2-3 other runs during the week.
If aiming to complete >= half marathon distance, your weekend long run should GRADUALLY increase in length.