

# RUN YOUR FIRST 2K CHALLENGE

Developed by Athletics Ireland  
Regional Development Officer Grace Lynch

## Run your first ever 2k (Beginner)

This training schedule is aimed at the beginner. You should have some base aerobic work already completed. For example, some walking/jogging at an easy pace. The aim of this programme is to improve your aerobic fitness to help you achieve a time for the one-mile distance.

Prior to commencing the programme, you should visit your GP for a health check to ensure you are healthy and injury free and ready to begin your 5-day running plan. If at any point during the programme you are unwell or have any injury issues, you should visit your GP/physiotherapist. With any new training program, you may experience muscular fatigue and muscles soreness as the body adapts to the new load. We would recommend completing some supplementary work to keep yourself injury free. This should

include some core and strength work, good recovery protocols, good nutrition, mobility and stretching. You can find some mobility and stretching tips on the Athletics Ireland website. Always follow a pre and post run routine of muscular activation to prepare the body for your training and post run mobility to enhance recovery.

## Warm up

I would recommend 5 mins of drills and activation exercises before you run.

Some examples can be found here <https://www.athleticsireland.ie/news/pre-run-activation-drills-for-the-endurance-runner>

**Grace Lynch, Athletics Ireland Regional Development Officer.**

## Public Health Guidelines COVID-19 (Coronavirus)

We all have a responsibility to protect ourselves and those around us. Exercise within 5 kilometres of home and distance yourself at least 2 metres (6 feet) away from other people. Avoid an area if it looks busy & remember to keep active in line with Government advice. The latest information, advice and guidelines regarding Covid-19 is available on Gov.ie <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>



# GRACE LYNCH

## Grace Lynch Bio

Sports and exercise scientist/Regional Development Officer for Athletics Ireland/Athlete/Deep Heat and Deep Freeze Great Ireland Run Ambassador/Neuromuscular Physical Therapist  
**Club:** Iveragh Athletic Club

## About Grace

Born South Kerry, Ireland. Growing up on a farm which was the starting point of her love for running. Moved to the City of Limerick and went from being one of the only runners in her town, to finding her new tribe of runners in Limerick.

## Biggest Achievements

- Representing Ireland at the Armagh 3k Road Race
- Achieved first senior national medal at the National 10k Road Championships (Great Ireland Run)
- Third in the National Senior 5k Track and Field Championships

## Personal Records

**RECORD 10KM:** 00:34:37  
**RECORD Half Marathon:** 01:18:57  
**RECORD 5k Road:** 00:16:40



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## WEEK ONE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• 30 secs jog with 90 secs brisk walk 8 times</li> <li>• 5 mins easy walk</li> </ul>	<ul style="list-style-type: none"> <li>• 20 mins aerobic activity- walk/easy jog alternations</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• 30 secs jog with 90 secs brisk walk 8 times</li> <li>• 5 mins easy walk</li> </ul>	<ul style="list-style-type: none"> <li>• 20 mins aerobic activity plus S and C</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 60 secs jog with 90 secs brisk walk 8 times</li> <li>• 5 mins easy walk</li> </ul>

## WEEK TWO

<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 60 secs jog with 90 secs brisk walk 8 times</li> <li>• 5 mins easy walk</li> </ul>	<ul style="list-style-type: none"> <li>• 20 mins aerobic activity- walk/easy jog alternations</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 60 secs jog with 90 secs brisk walk 8 times</li> <li>• 5 mins easy walk</li> </ul>	<ul style="list-style-type: none"> <li>• 20 mins aerobic activity plus S and C</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 60 secs jog with 60 secs brisk walk 10 times</li> <li>• Easy walk 5 mins</li> </ul>
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## WEEK THREE

<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 90 secs jog with 60 secs brisk walk 6 times</li> <li>• Easy walk 5 mins</li> </ul>	<ul style="list-style-type: none"> <li>• 25 mins aerobic activity- walk/easy jog alternations</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 90 secs jog with 60 secs brisk walk 6 times</li> <li>• Easy walk 5 mins</li> </ul>	<ul style="list-style-type: none"> <li>• 25 mins aerobic activity- walk/easy jog alternations</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 2 mins jog with 60 secs walk 4 times Then jog for 5 minutes, walk for 90 seconds</li> <li>• 5 min brisk walk</li> </ul>
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## WEEK FOUR

<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 3 mins jog with 60 second walk x 4</li> <li>• 5 mins easy walk</li> </ul>	<ul style="list-style-type: none"> <li>• 25/30 mins aerobic activity- walk/easy jog alternations</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 3 mins jog with 60 second walk x 5</li> <li>• 5 mins easy walk</li> </ul>	<ul style="list-style-type: none"> <li>• 25/30 mins aerobic activity- walk/easy jog alternations</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Brisk walk 5 mins</li> <li>• Alternate 5 mins jog with 60 secs walk 3 times</li> <li>• Finish with 5 mins easy walk</li> </ul>
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