

Irish Jig Training Schedule

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 8							
Beginner	Rest/Cross train	Run 1 min./walk 1 min. x 8	Rest/Cross train	Run 1 min./walk 2 mins. x 6	Rest/Cross train	Run 1 min./walk 2 mins. x 10	Rest
Intermediate	Cross train 30 to 45 mins.	Run 5 mins./walk 1 min. x 3	Rest	Run 6 mins./walk 1 min. x 3	Cross train 30 to 45 mins.	Run 7 min./walk 1 min. x 3	Rest
Advanced	Cross train 45 to 60 mins.	Run 2 miles easy	Rest	Run 1 miles easy, 80 meters sprint x 4	Cross train 45 to 60 mins.	Run 3 miles easy	Rest
Week 7							
Beginner	Rest/Cross train	Run 2 mins./walk 2 mins. x 7	Rest/Cross train	Run 2 mins./walk 2 mins. x 6	Rest/Cross train	Run 2 mins./walk 2 mins. x 8	Rest
Intermediate	Cross train 30 to 45 mins	Run 7 mins./walk 1 min. x 3	Rest/Cross train	Run 8 mins./walk 1 min. x 3	Cross train 30 to 45 mins.	Run 9 mins./walk 1 min. x 3	Rest
Advanced	Run 2 miles easy, 80 meters sprint x 4	Cross train 45 to 60 mins.	Run 1 mile warmup, 1/4 mile repeats x 2 with a 3 min. jog between, 1 mile cooldown	Run 1 miles easy, 80 meters sprint x 6	Cross train 45 to 60 mins.	Rest	Run 1 mile warmup, 1/4 mile repeat x 4, with a 3 min. recovery, run 1 mile cooldown
Week 6							
Beginner	Rest/Cross train	Run 3 mins./walk 2 mins. x 6	Rest/Cross train	Run 3 mins./walk 2 mins. x 5	Rest/Cross train	Run 3 mins./walk 2 mins. x 7	Rest
Intermediate	Cross train 30 to 45 mins.	Run 10 mins./ walk 1 min. x 2	Rest/Cross train	Run 12 mins./walk 1 min. x 2	Cross train 30 to 45 mins.	Run 13 mins./walk 1 min. x 2	Rest
Advanced	Run 3 miles easy	Cross train 45 to 60 mins.	Run 1 mile warmup, 1/4 mile repeats x 2 with a 3 min. jog between, 1 mile cooldown	Run 2 miles easy, 80 meters sprint x 4	Rest	Cross train 45 to 60 mins.	Run 1 mile warmup, 1/4 mile repeat x 4 with a 2 min. job between, 2 mile cooldown
Week 5							
Beginner	Rest/Cross train	Run 5 mins./walk 3 mins. x 4	Rest/Cross train	Run 5 mins./walk 2 mins. x 3	Rest/Cross train	Run 5 mins./walk 3 mins. x 5	Rest
Intermediate	Cross train 30 to 45 mins.	Run 14 mins./walk 1 min. x 2	Rest/Cross train	Run 15 mins./walk 1 min./run 5 mins.	Cross train 30 to 45 mins.	Run 16 mins./walk 1 min. x 2	Rest
Advanced	Run 4 miles easy	Cross train 45 to 60 mins.	Run 2 mile warmup, 1/4 mile repeats x 2 with a 3 min. jog between, 2 mile cooldown	Rest	Run 2 miles easy, 80 meters sprint x 5	Run 4 miles easy, 80 meters sprint x 6	Run 2 mile warmup, 1/4 mile repeats x 4 with a 3 min. jog between, 2 mile cooldown
Week 4							
Beginner	Rest/Cross train	Run 8 mins./walk 3 mins. x 3	Rest/Cross train	Run 7 mins./walk 3 mins. x 4	Rest/Cross train	Run 8 mins./walk 3 mins. x 3	Rest
Intermediate	Cross train 30 to 45 mins.	Run 16 mins./walk 1 min. x 2	Rest/Cross train	Run 17 mins./walk 1 min./run 7 mins.	Cross train 30 to 45 mins.	Run 19 mins./walk 1 min./run 7 mins.	Rest
Advanced	Run 4 miles easy	Cross train 45 to 60 mins.	Rest	Run 2 mile warmup, 1/2 mile repeats x 2 with a 3 min. jog between, 2 mile cooldown	Run 2 miles easy, 80 meters sprint x 6	Run 2 mile warmup, 1/2 mile repeats x 4 with a 3 min. jog between, 2 mile cooldown	Run 5 miles easy

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Week 3							
Beginner	Rest/Cross train	Run 9 mins./walk 3 mins. x 3	Rest/Cross train	Run 8 mins./walk 2 mins. x 3	Rest/Cross train	Run 10 mins./walk 3 mins. x 3	Rest
Intermediate	Cross train 30 to 45 mins.	Run 20 mins./walk 1 min./run 6 mins.	Rest/Cross train	Run 24 mins.	Cross train 30 to 45 mins.	Run 26 mins.	Rest
Advanced	Cross train 45 to 60 mins.	Rest	Run 2 mile warmup, 1 mile repeats x 2 with a 3 min. jog between, 2 mile cooldown	Run 3 miles easy, 80 meters sprint x 4	Run 2 mile warmup, 1 mile repeats x 3 with a 3 min. jog between, 2 mile cooldown	Run 6 miles easy	Cross train 45 to 60 mins.
Week 2							
Beginner	Rest/Cross train	Run 15 mins./walk 5 mins. x 2	Rest/Cross train	Run 15 mins./walk 5 mins./run 10 mins.	Rest/Cross train	Run 20 mins./walk 5 mins./run 15 mins.	Rest
Intermediate	Rest/Cross train	Run 28 mins.	Rest/Cross train	Run 30 mins.	Rest/Cross train	Run 20 mins.	Rest
Advanced	Rest	Run 7 miles easy	Cross train 45 to 60 mins.	Run 2 mile warmup, 1 mile repeats x 3 with a 3 min. jog between, 2 mile cooldown	Run 3 miles easy, 80 meters sprint x 6	Run 2 mile warmup, 1 mile repeats x 4 with a 3 min. jog between, 2 mile cooldown	Rest
Week 1							
Beginner	Rest/Cross train	Run 20 mins./walk 5 mins./run 15 mins.	Rest/Cross train	Run 10 mins./walk 3 mins./run 20 mins.	Rest/Cross train	Rest	Race Day
Intermediate	Run 30 mins.	Cross train 30 to 45 mins.	Run 28 mins.	Cross train 30 to 45 mins.	Run 30 mins.	Rest	
Advanced	Run 5 miles easy	Rest	Run 5 easy, 80 meters sprint x 4	Run 2 mile warmup, 1.5 mile repeats x 2 with a 3 min. jog between, 2 mile cooldown	Run 3 miles easy, 80 meters sprint x 4	Rest	

What is Cross training?	The American Council of Exercise defines Cross training as an exercise regimen that uses several modes of training to develop a specific component of fitness.						
Why Cross train while running?	Improved cardiovascular endurance, strengthening of muscles, and speed up recovery time from injuries.						
What Cross training activities compliment running?	Soccer	Swimming	Rollerblading	Tennis	Cross Country Skiing		
What resistance training exercises compliment running?	Deadlift	Lunge	Squat	Push-up	Plank variations		
Progress resistance training based on level of experience with exercise	Beginner: 3 sets of 12 to 20 repetitions	Intermediate: 3 to 5 sets of 6 to 12 repetitions	Advanced: 3 to 5 sets of 3 to 6 repetitions				

Before undertaking a training schedule, please read the following: These schedules are for runners who have no current physical or health problems. Always seek the advice of your physician or other qualified medical health professional with any questions regarding a medical condition.

It is your responsibility to determine that you are fit enough to undertake one of these programs and monitor its effect on your health.

Carefully stretch your muscles before and after each workout, and drink appropriate amounts of water before, during and after each workout.