8-Week Beginner's Training Plan for the Irish Eyes are Mile'ing 5k:

Week 1 (Starting on 01/21/24)

- **Monday**: 3 miles easy run
- **Tuesday**: 2 miles warm-up + Fartlek (1 minute hard, 1 minute easy for 10 minutes) + 1 mile cool-down
- **Wednesday**: Rest
- **Thursday**: 4 miles steady state
- **Friday**: Rest
- **Saturday**: 3.5 miles easy run + 4x20 seconds striders
- **Sunday**: Cross-training (e.g., cycling, swimming) or Rest

Total Mileage: ~13.5 miles

Week 2

- **Monday**: 3.5 miles easy run
- **Tuesday**: 2 miles warm-up + 4x400m intervals with 2 minutes rest between each + 1.5 miles cool-down
- **Wednesday**: Rest
- **Thursday**: 4.5 miles steady state
- **Friday**: Rest
- **Saturday**: 4 miles easy run + 4x20 seconds striders
- **Sunday**: Cross-training or Rest

Total Mileage: ~15.5 miles

Week 3

- **Monday**: 4 miles easy run
- **Tuesday**: 2.5 miles warm-up + Fartlek (1 minute hard, 1 minute easy for 15 minutes) + 1.5 miles cool-down
- **Wednesday**: Rest
- **Thursday**: 5 miles steady state
- **Friday**: Rest
- **Saturday**: 4.5 miles easy run + 4x20 seconds striders

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- **Sunday**: Cross-training or Rest

Total Mileage: ~17.5 miles

Week 4

- **Monday**: 4.5 miles easy run

- **Tuesday**: 3 miles warm-up + Tempo run for 15 minutes + 2 miles cool-down

- **Wednesday**: Rest

- **Thursday**: 5.5 miles steady state

- **Friday**: Rest

- **Saturday**: 5 miles easy run + 4x20 seconds striders

- **Sunday**: Cross-training or Rest

Total Mileage: ~20.5 miles

Week 5

- **Monday**: 5 miles easy run

- **Tuesday**: 3 miles warm-up + Fartlek (1 minute hard, 1 minute easy for 20 minutes) + 2 miles cool-down

- **Wednesday**: Rest

- **Thursday**: 6 miles steady state

- **Friday**: Rest

- **Saturday**: 5.5 miles easy run + 4x20 seconds striders

- **Sunday**: Cross-training or Rest

Total Mileage: ~22.5 miles

Week 6

- **Monday**: 5.5 miles easy run

- **Tuesday**: 3.5 miles warm-up + 5x400m intervals with 2 minutes rest between each + 2 miles cool-down

- **Wednesday**: Rest

- **Thursday**: 6.5 miles steady state

- **Friday**: Rest

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- **Saturday**: 6 miles easy run + 4x20 seconds striders

- **Sunday**: Cross-training or Rest

Total Mileage: ~24.5 miles

Week 7

- **Monday**: 5.5 miles easy run

- **Tuesday**: 3.5 miles warm-up + Tempo run for 20 minutes + 2 miles cool-down

- **Wednesday**: Rest

- **Thursday**: 7 miles steady state

- **Friday**: Rest

- **Saturday**: 6 miles easy run + 4x20 seconds striders

- **Sunday**: Cross-training or Rest

Total Mileage: ~24.5 miles

Week 8 (Race Week)

- **Monday**: 4.5 miles easy run

- **Tuesday**: 3 miles easy jog + Fartlek (1 minute hard, 1 minute easy for 10 minutes) + 2 miles cool-down

- **Wednesday**: Rest & hydrate well

- **Thursday**: Irish Eyes are Mile'ing 5k Race Day! (Warm up with 1-1.5 miles easy running, run the 5k race, then 1-1.5 miles cool-down)

- **Friday**: Rest and celebrate your achievement!

- **Saturday**: 3-4 miles easy recovery run

- **Sunday**: Cross-training or Rest

Total Mileage: ~16 miles (excluding the 5k race)

Stay consistent with the plan and always pay attention to how your body feels. Adjust the plan as needed based on your recovery and any potential issues. Best of luck with your training and the 5k race!

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