

Personalised Training Programmes

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If you are interested in getting a personalised exercise programme by an Irish Olympic marathon runner, your payment for this programme will help to raise much needed funds for the Irish Osteoporosis Society Charity please email: info@irishosteoporosis.ie or call 01-6375050

Note: If you are a competitive athlete and would like your training programme assessed regarding nutrition and exercise, this will take approximately 16 weeks, depending on your level of fitness.

Date	Marathon	Location	Training Schedule Begins
April 6th	Connemara Marathon	Connemara	October 27th
April 27th	Kildare Marathon	Kildare	November 17th
May 4th	Great Limerick marathon	Limerick	November 24th
May 24th	Clare Burren Marathon	Clare	December 15th
June 2nd	Cork City Marathon	Cork	December 22nd
June 28th	Waterford Viking Marathon	Waterford	January 19th
Sept. 6th	Dingle marathon	Kerry	March 30th
Oct. 27th	Dublin City Marathon	Dublin	May 11th

*Registration and fitness evaluation must be submitted 2 weeks before training schedule is issued

Date	Half Marathon	Location	Training Schedule Begins
April 6th	Connemara	Connemara	November 25th
April 27th	Kildare	Kildare	December 15th
May 4th	Limerick	Limerick	December 22nd
May 24th	Clare Burren	Clare	January 12th
June 2nd	Cork	Cork	January 19th
June 28th	Waterford Viking	Waterford	February 16th
August 4th	Dublin Rock'n' Roll	Dublin	March 23rd
Sept. 6th	Dingle	Kerry	April 27th

*Registration and fitness evaluation must be submitted 2 weeks before training schedule is issued

Date	10 km	Location	Training Schedule Begins
April 6th	Dublin 'Bupa' 10k	Dublin	December 22nd
April 27th	Curragh 10k	Kildare	January 13th
May 5th	Connemara 10k	Connemara	January 19th
May 24th	Clare Burren 10k	Clare	February 9th
June 2nd	Dublin 'Flora'	Dublin	February 16th
August 17th	Tralee 10k	Kerry	May 4th
October 27th	Connemara 10k	Connemara	July 13th
November 15th	Mo Run 10k	Dublin	August 3rd

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