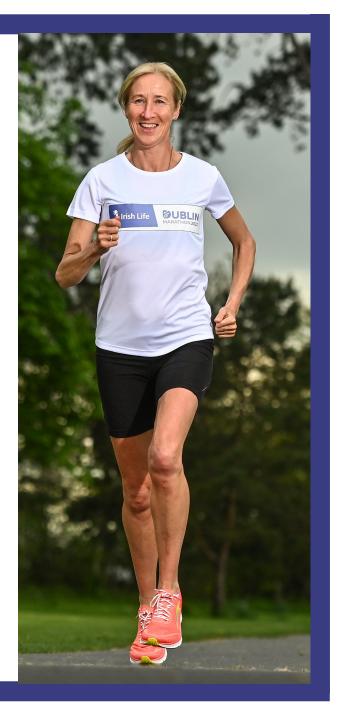
# Irish Life Fingal 10k Training Plan

By Catherina McKiernan & Mick Clohisey

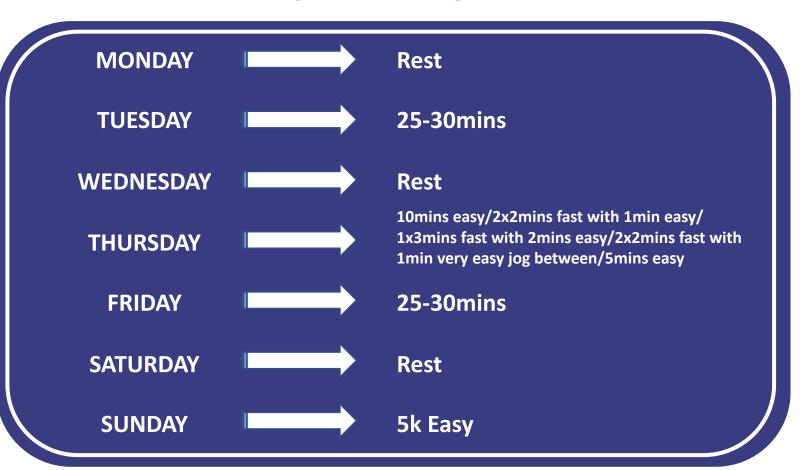




**MONDAY** Rest 25-30mins **TUESDAY WEDNESDAY** Rest 10mins easy / 2x8mins tempo with **THURSDAY** 3mins easy jog / 10mins easy 25-30mins **FRIDAY SATURDAY** Rest 25-30mins **SUNDAY** 







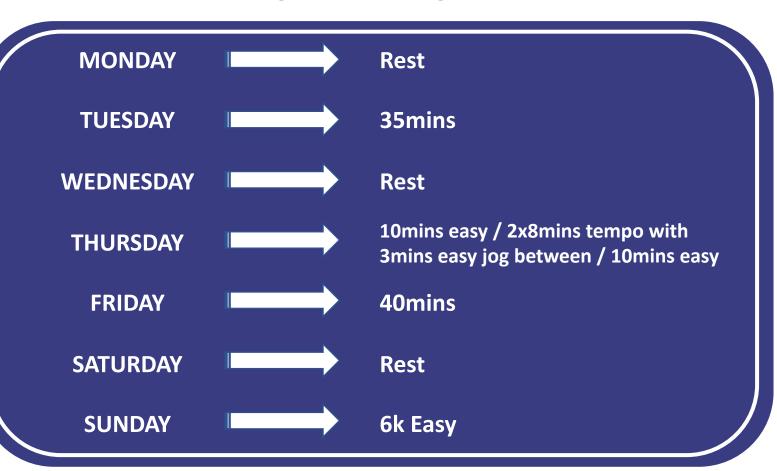




**MONDAY** Rest **TUESDAY** 30mins **WEDNESDAY** Rest 10mins easy / 4x3mins fast with **THURSDAY** 2mins easy jog / 10mins easy 30mins **FRIDAY SATURDAY** Rest **6k Easy SUNDAY** 



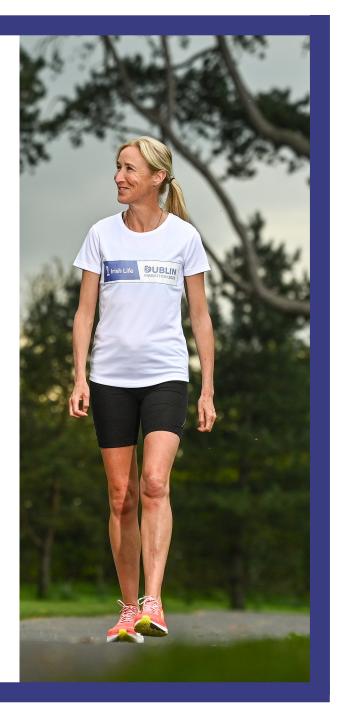








**MONDAY** Rest 35mins **TUESDAY WEDNESDAY** Rest 10mins easy / 4x3mins fast with 2mins **THURSDAY** easy jog between / 10mins easy 20mins **FRIDAY SATURDAY** Rest **SUNDAY** 7k



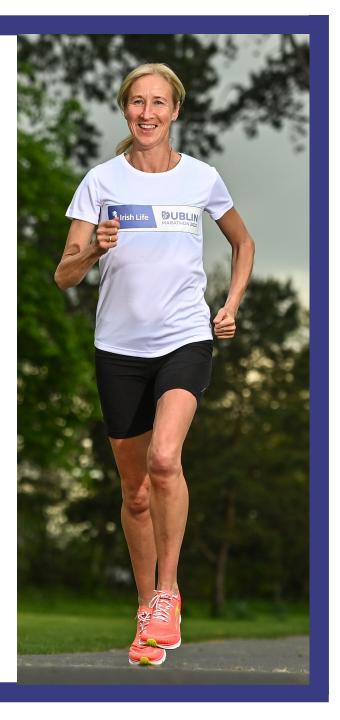


**MONDAY** Rest **TUESDAY** 40mins **WEDNESDAY** Rest 10mins easy / 2x8mins tempo with **THURSDAY** 3mins easy jog between / 10mins easy 40mins **FRIDAY SATURDAY** Rest **SUNDAY** 7k Easy

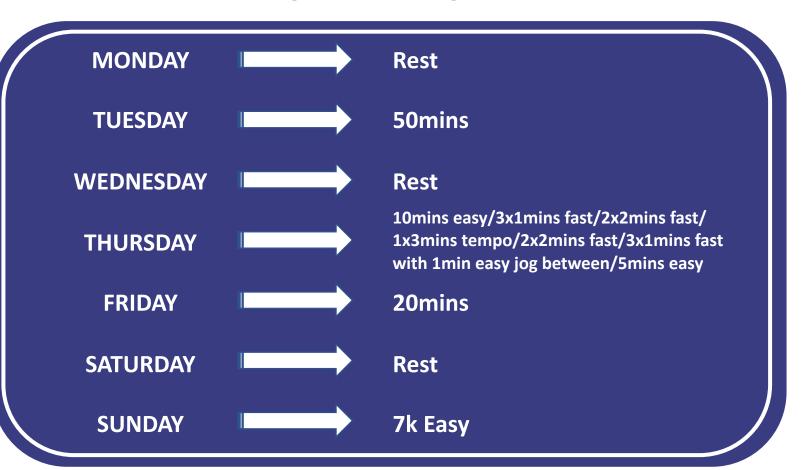




**MONDAY** Rest **TUESDAY** 45mins **WEDNESDAY** Rest 10mins easy/2x3mins fast/2x2mins fast with **THURSDAY** 2mins easy jog between/2x1min with 1min easy job between / 5min easy 25mins **FRIDAY SATURDAY** Rest **8k Easy SUNDAY** 











Irish Life Fingal 10k

MONDAY

TUESDAY

25-30mins

WEDNESDAY

Rest

THURSDAY

20mins

FRIDAY

SATURDAY

Rest

Rest

Rest

Rest

**SUNDAY** 





### **Irish Life Fingal 10k Training Plan – Definitions**

