Irish Life Fingal 10k

Training Plan

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Irish Life

DUBLIN MARATHON 2022

Irish Life Fingal 10k Training Plan – Week 1

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

![Irish Life | Dublin Race Series 2022 logo]

Irish Life Fingal 10k Training Plan – Week 2

MONDAY ➡ **Rest**

TUESDAY ➡ **25-30mins**

WEDNESDAY ➡ **Rest**

THURSDAY ➡ **10mins easy/2x2mins fast with 1min easy/ 1x3mins fast with 2mins easy/2x2mins fast with 1min very easy jog between/5mins easy**

FRIDAY ➡ **25-30mins**

SATURDAY ➡ **Rest**

SUNDAY ➡ **5k Easy**

Irish Life Fingal 10k Training Plan – Week 3

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

Irish Life Fingal 10k Training Plan – Week 4

Day	Session
MONDAY	**Rest**
TUESDAY	**35mins**
WEDNESDAY	**Rest**
THURSDAY	**10mins easy / 2x8mins tempo with 3mins easy jog between / 10mins easy**
FRIDAY	**40mins**
SATURDAY	**Rest**
SUNDAY	**6k Easy**

Irish Life Fingal 10k Training Plan – Week 5

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

Irish Life Fingal 10k Training Plan – Week 6

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

Irish Life Fingal 10k Training Plan – Week 7

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

Irish Life Fingal 10k Training Plan – Week 8

Day	Session
MONDAY	**Rest**
TUESDAY	**50mins**
WEDNESDAY	**Rest**
THURSDAY	**10mins easy/3x1mins fast/2x2mins fast/ 1x3mins tempo/2x2mins fast/3x1mins fast with 1min easy jog between/5mins easy**
FRIDAY	**20mins**
SATURDAY	**Rest**
SUNDAY	**7k Easy**

Irish Life Fingal 10k Training Plan – Week 9

MONDAY	→	Rest
TUESDAY	→	25-30mins
WEDNESDAY	→	Rest
THURSDAY	→	20mins
FRIDAY	→	20mins
SATURDAY	→	Rest
SUNDAY	→	Irish Life Fingal 10k

Irish Life Fingal 10k Training Plan – Definitions

WARM UP ➔ Warming up can help prevent injury & improve performance. Incorporate walking, strides & stretches such as lunges and leg swings into your pre--run routine.

COOL DOWN ➔ Finish your run with a cool down walk. This relaxes your muscles and lowers your heart rate & breathing from our workout intensity.

REST DAY ➔ Take a break and let your body recover. Feel free to go for a walk/cycle or even do a strength workout if your body feels good. Use this time to get stretching/foam rolling to get ready for the next run/walk.

FARTLEK ➔ This is simple speed-work. After a warm up, run fast for as far as you can, take as much time as needed to recover & then go again. To help, pick a point up ahead, run to it and then pick another point up ahead & recover for the specified time. Repeat for the specified time & then cool down.

TEMPO ➔ A pace you should be able to maintain for a longer period if needed.

FAST ➔ Is a harder pace but not totally all out.