

Irish Life Frank Duffy 10 Mile

Training Plan

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Irish Life Frank Duffy 10 Mile Training Plan – Week 1

MONDAY	→	Rest
TUESDAY	→	30mins Easy
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy / 5x2min fast pace with 2min easy jog recoveries / 10min easy
FRIDAY	→	Rest
SATURDAY	→	25-30mins
SUNDAY	→	45mins





Irish Life Frank Duffy 10 Mile Training Plan – Week 2

MONDAY	→	Rest
TUESDAY	→	35mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy / 5x2min fast pace with 2min easy jog recoveries / 10min easy
FRIDAY	→	Rest
SATURDAY	→	30mins
SUNDAY	→	45mins





Irish Life Frank Duffy 10 Mile Training Plan – Week 3

MONDAY



Rest

TUESDAY



35mins

WEDNESDAY



30mins

THURSDAY



**10mins easy / 2x8min tempo pace with
2min easy jog recoveries / 10mins easy**

FRIDAY



Rest

SATURDAY



35mins

SUNDAY



50mins Easy





Irish Life Frank Duffy 10 Mile Training Plan – Week 4

MONDAY		Rest
TUESDAY		40mins
WEDNESDAY		30mins
THURSDAY		10mins easy / 5x3min fast pace with 2min easy jog recoveries / 10mins easy
FRIDAY		Rest
SATURDAY		40mins
SUNDAY		60min Easy





Irish Life Frank Duffy 10 Mile Training Plan – Week 5

MONDAY



Rest

TUESDAY



45mins

WEDNESDAY



30mins

THURSDAY



10mins easy / 10min tempo with 2min easy jog
recoveries / 3x3min fast with 2min easy jog
recoveries / 10mins easy

FRIDAY



Rest

SATURDAY



45mins

SUNDAY



75mins Easy





Irish Life Frank Duffy 10 Mile Training Plan – Week 6

MONDAY



Rest

TUESDAY



45mins

WEDNESDAY



30mins

THURSDAY



10mins easy / 3x1min fast / 2x2min fast / 1x4min tempo / 2x2min fast / 3x1min fast with 1min easy jog recoveries / 5min easy

FRIDAY



Rest

SATURDAY



10min easy / 6x150m hill reps with easy jog recoveries / 10min easy

SUNDAY



80min





Irish Life Frank Duffy 10 Mile Training Plan – Week 7

MONDAY	→	Rest
TUESDAY	→	10mins easy / 6x3min fast with 2min easy jog recoveries / 10min easy
WEDNESDAY	→	30mins
THURSDAY	→	35mins
FRIDAY	→	40mins
SATURDAY	→	10mins easy / 20mins tempo / 10mins easy
SUNDAY	→	80mins





Irish Life Frank Duffy 10 Mile Training Plan – Week 8

MONDAY



Rest

TUESDAY



10mins easy / 8x2min fast with 2min
easy jog recoveries / 10min easy

WEDNESDAY



30mins

THURSDAY



35mins

FRIDAY



Rest

SATURDAY



10mins easy / 2x15min tempo with
3min easy jog recoveries / 10min easy

SUNDAY



80-90mins





Irish Life Frank Duffy 10 Mile Training Plan – Week 9

MONDAY



Rest

TUESDAY



10mins easy / 10min tempo with 2min easy jog recoveries / 2x2min fast with 2min easy jog recoveries / 10min tempo / 5min easy

WEDNESDAY



30mins

THURSDAY



35mins

FRIDAY



Rest

SATURDAY



10mins easy / 8x150m hill reps with easy jog recoveries / 10mins easy

SUNDAY



80-90mins





Irish Life Frank Duffy 10 Mile Training Plan – Week 10

MONDAY



Rest

TUESDAY



10mins easy / 5x2min fast with 2min
easy jog recoveries / 5min easy

WEDNESDAY



30mins

THURSDAY



30mins

FRIDAY



20mins

SATURDAY



Irish Life Frank Duffy 10 Mile

SUNDAY



Rest





Irish Life Frank Duffy 10 Mile 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.