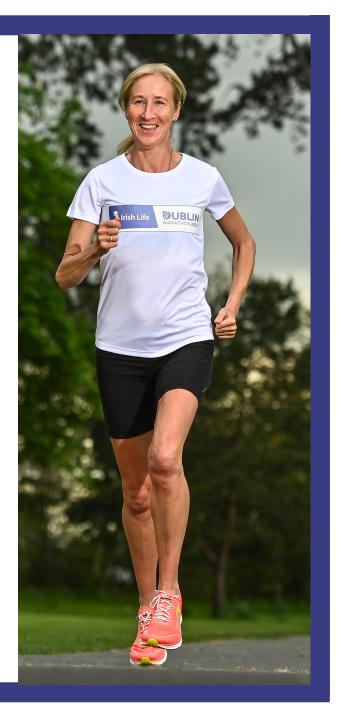
By Catherina McKiernan & Mick Clohisey

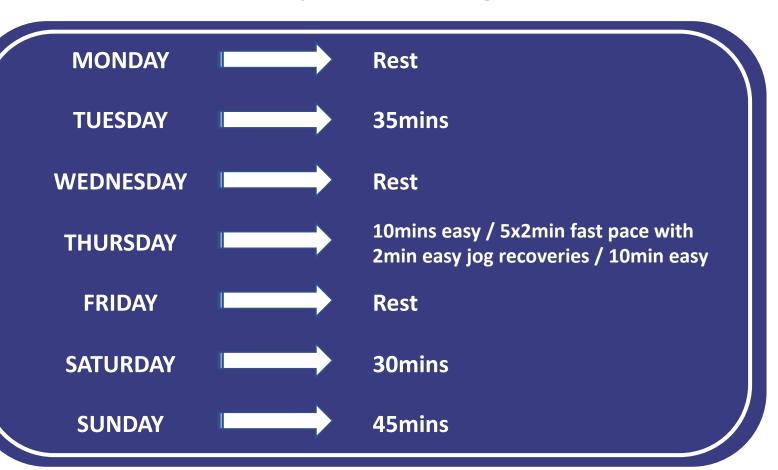




MONDAY Rest **30mins Easy TUESDAY WEDNESDAY** Rest 10mins easy / 5x2min fast pace with **THURSDAY** 2min easy jog recoveries / 10min easy **FRIDAY** Rest **SATURDAY 25-30mins** 45mins **SUNDAY**



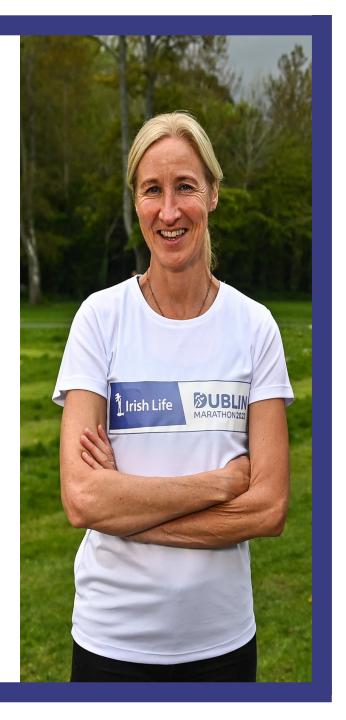




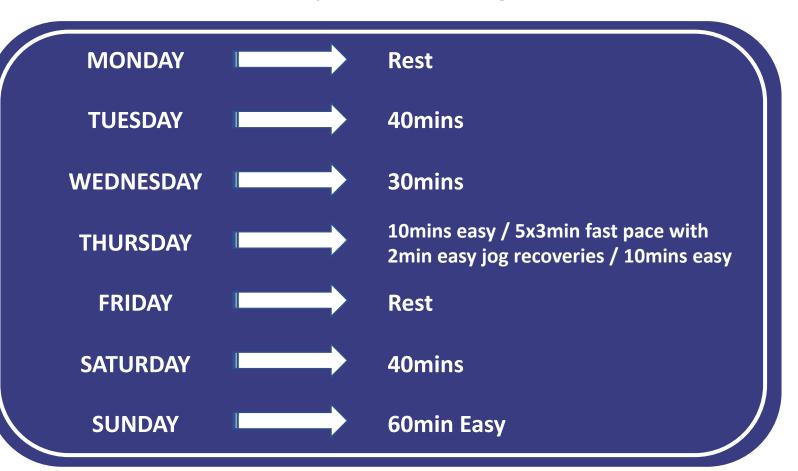




MONDAY Rest **TUESDAY** 35mins **WEDNESDAY** 30mins 10mins easy / 2x8min tempo pace with **THURSDAY** 2min easy jog recoveries / 10mins easy **FRIDAY** Rest **SATURDAY** 35mins **50mins Easy SUNDAY**







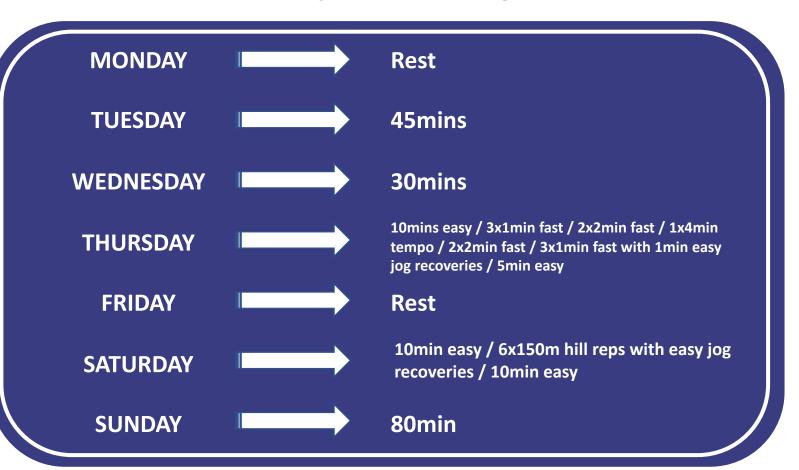




MONDAY Rest **TUESDAY** 45mins **WEDNESDAY** 30mins 10mins easy / 10min tempo with 2min easy jog **THURSDAY** recoveries / 3x3min fast with 2min easy jog recoveries / 10mins easy **FRIDAY** Rest **SATURDAY** 45mins **75mins Easy SUNDAY**

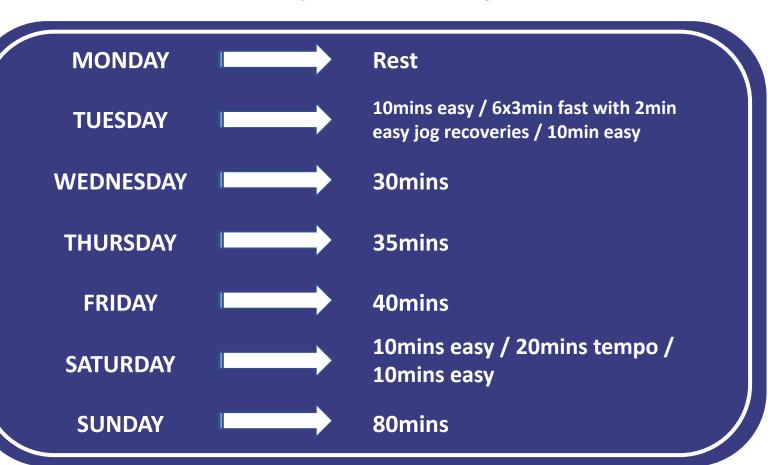


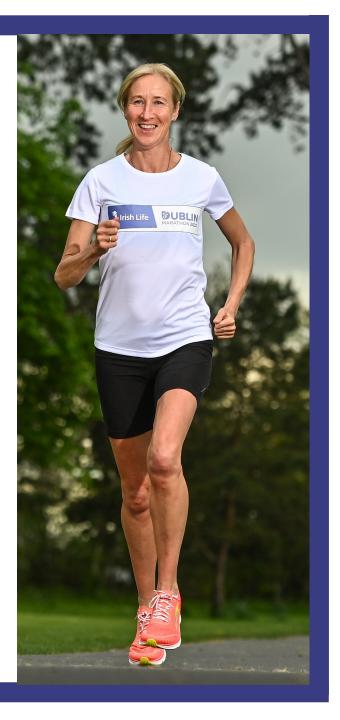




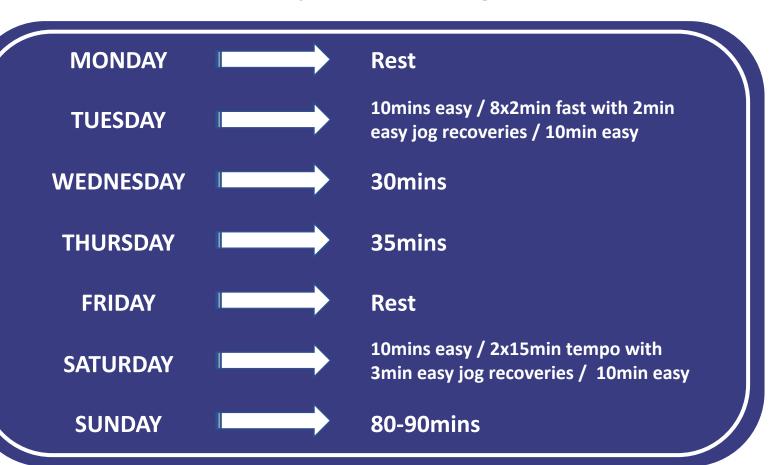






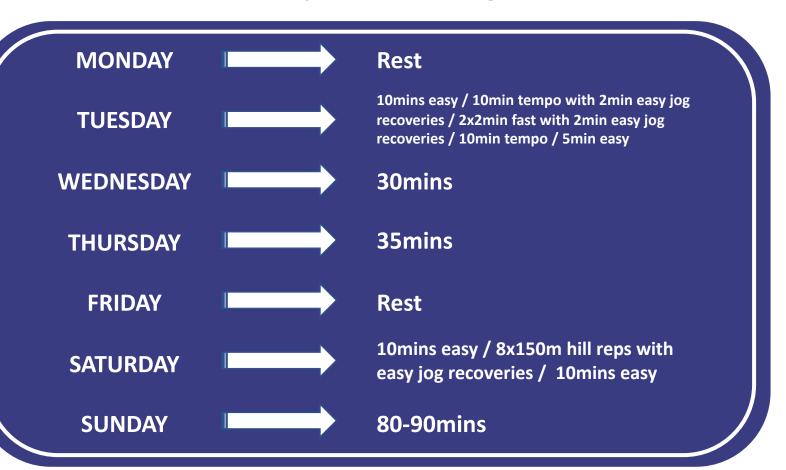






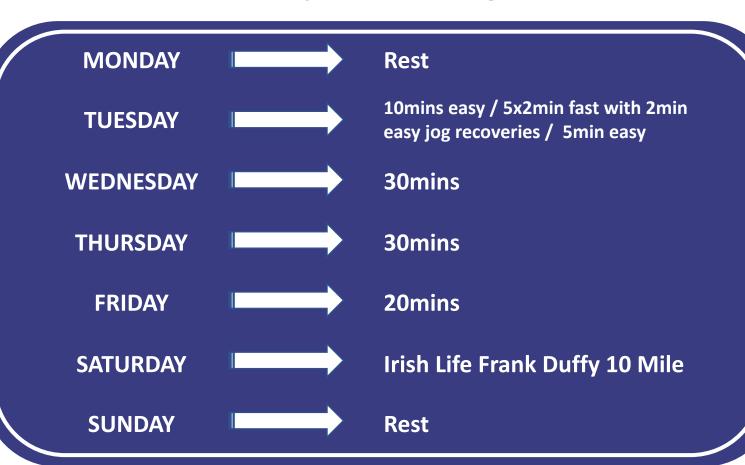
















Irish Life Frank Duffy 10 Mile Training Plan – Definitions

