



MONDAY Rest 25-30mins **TUESDAY WEDNESDAY** Rest 10mins easy / 4x3mins fast with **THURSDAY** 2mins easy jog / 10mins easy 25-30mins **FRIDAY SATURDAY** Rest 25-30mins **SUNDAY**

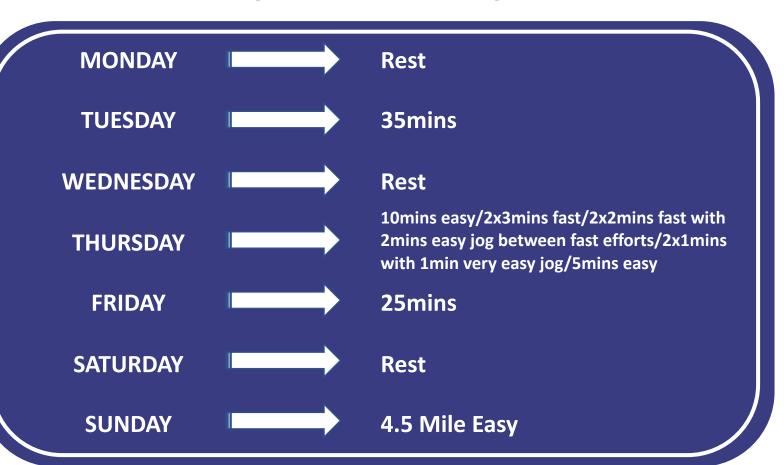




MONDAY Rest **TUESDAY** 30mins **WEDNESDAY** Rest 10mins easy / 2x8mins tempo with **THURSDAY** 3mins easy jog / 10mins easy 20mins **FRIDAY SATURDAY** Rest 4 Mile Easy **SUNDAY**







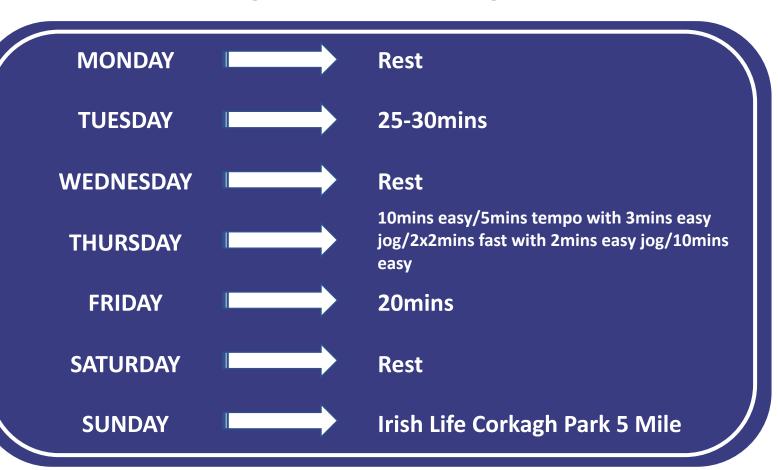




MONDAY Rest **TUESDAY** 40mins **WEDNESDAY** Rest 10mins easy/3x1mins fast/2x2mins fast/ **THURSDAY** 1x3mins tempo/2x2mins fast/3x1mins fast with 1min easy jog between/5mins easy **FRIDAY** 20mins **SATURDAY** Rest 5 Mile Easy **SUNDAY**











Irish Life Corkagh Park 5 Mile Training Plan – Definitions

