

# Irish Life Frank Duffy 10 Mile

## Training Plan

By Catherina McKiernan & Mick Clohisey





### 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

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





## Irish Life Frank Duffy 10 Mile Training Plan – Week 6

<b>MONDAY</b>	➔	<b>Rest</b>
<b>TUESDAY</b>	➔	<b>45mins</b>
<b>WEDNESDAY</b>	➔	<b>30mins</b>
<b>THURSDAY</b>	➔	10mins easy / 3x1min fast / 2x2min fast / 1x4min tempo / 2x2min fast / 3x1min fast with 1min easy jog recoveries / 5min easy
<b>FRIDAY</b>	➔	<b>Rest</b>
<b>SATURDAY</b>	➔	10min easy / 6x150m hill reps with easy jog recoveries / 10min easy
<b>SUNDAY</b>	➔	<b>80min</b>





## Irish Life Frank Duffy 10 Mile Training Plan – Week 7

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







### Irish Life Frank Duffy 10 Mile Training Plan – Week 8

<b>MONDAY</b>	→	Rest
<b>TUESDAY</b>	→	10mins easy / 8x2min fast with 2min easy jog recoveries / 10min easy
<b>WEDNESDAY</b>	→	30mins
<b>THURSDAY</b>	→	35mins
<b>FRIDAY</b>	→	Rest
<b>SATURDAY</b>	→	10mins easy / 2x15min tempo with 3min easy jog recoveries / 10min easy
<b>SUNDAY</b>	→	80-90mins












### Irish Life Frank Duffy 10 Mile Training Plan – Week 9

<b>MONDAY</b>	➔	<b>Rest</b>
<b>TUESDAY</b>	➔	10mins easy / 10min tempo with 2min easy jog recoveries / 2x2min fast with 2min easy jog recoveries / 10min tempo / 5min easy
<b>WEDNESDAY</b>	➔	<b>30mins</b>
<b>THURSDAY</b>	➔	<b>35mins</b>
<b>FRIDAY</b>	➔	<b>Rest</b>
<b>SATURDAY</b>	➔	10mins easy / 8x150m hill reps with easy jog recoveries / 10mins easy
<b>SUNDAY</b>	➔	<b>80-90mins</b>





## Irish Life Frank Duffy 10 Mile Training Plan – Week 10

<b>MONDAY</b>		<b>Rest</b>
<b>TUESDAY</b>		10mins easy / 5x2min fast with 2min easy jog recoveries / 5min easy
<b>WEDNESDAY</b>		30mins
<b>THURSDAY</b>		30mins
<b>FRIDAY</b>		20mins
<b>SATURDAY</b>		Irish Life Frank Duffy 10 Mile
<b>SUNDAY</b>		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.