

Irish Life Frank Duffy 10 Mile Training Plan



Irish Life Frank Duffy 10 Mile Training Plan – Week 1

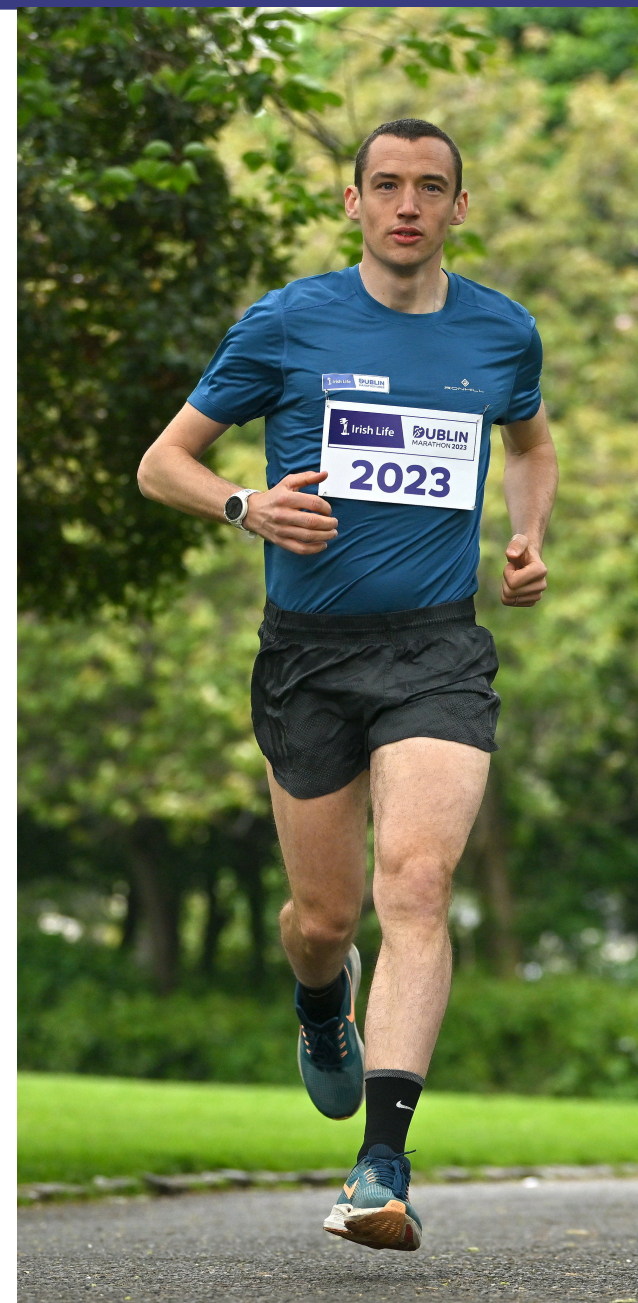
| | | |
|-----------|---|--|
| MONDAY | → | Rest |
| TUESDAY | → | 30mins Easy |
| WEDNESDAY | → | Rest |
| THURSDAY | → | 10mins easy / 5x2min fast pace with 2min easy jog recoveries / 10min easy |
| FRIDAY | → | Rest |
| SATURDAY | → | 25-30mins |
| SUNDAY | → | 45mins |





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

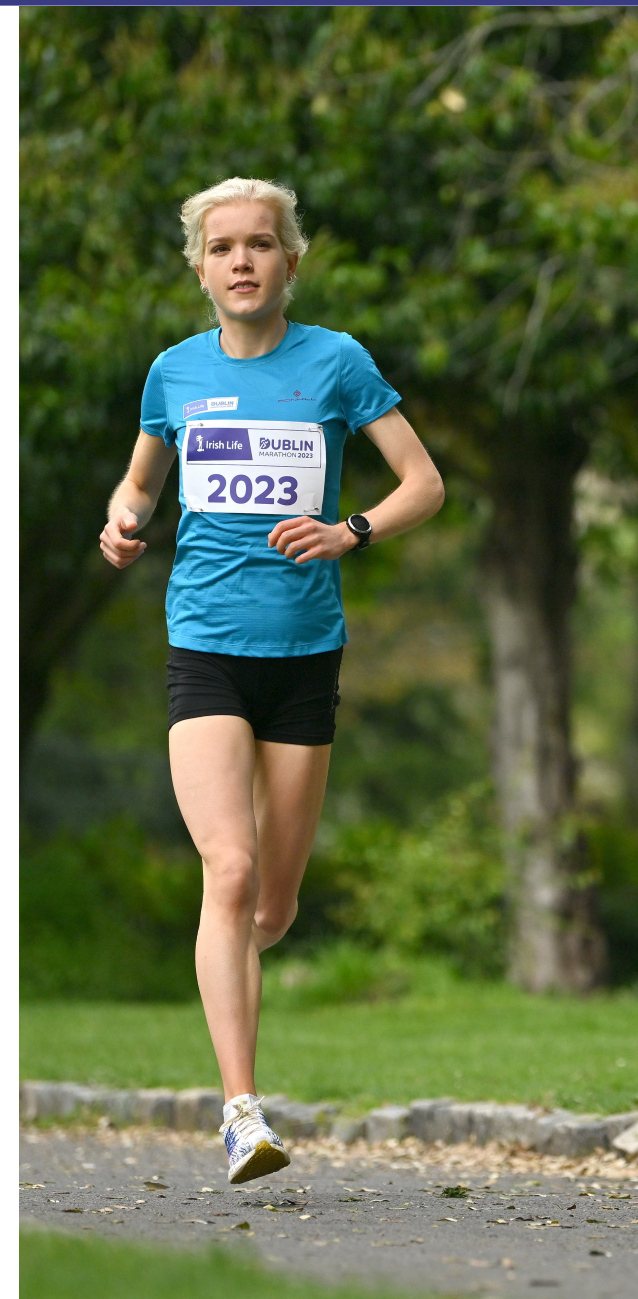


35mins

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

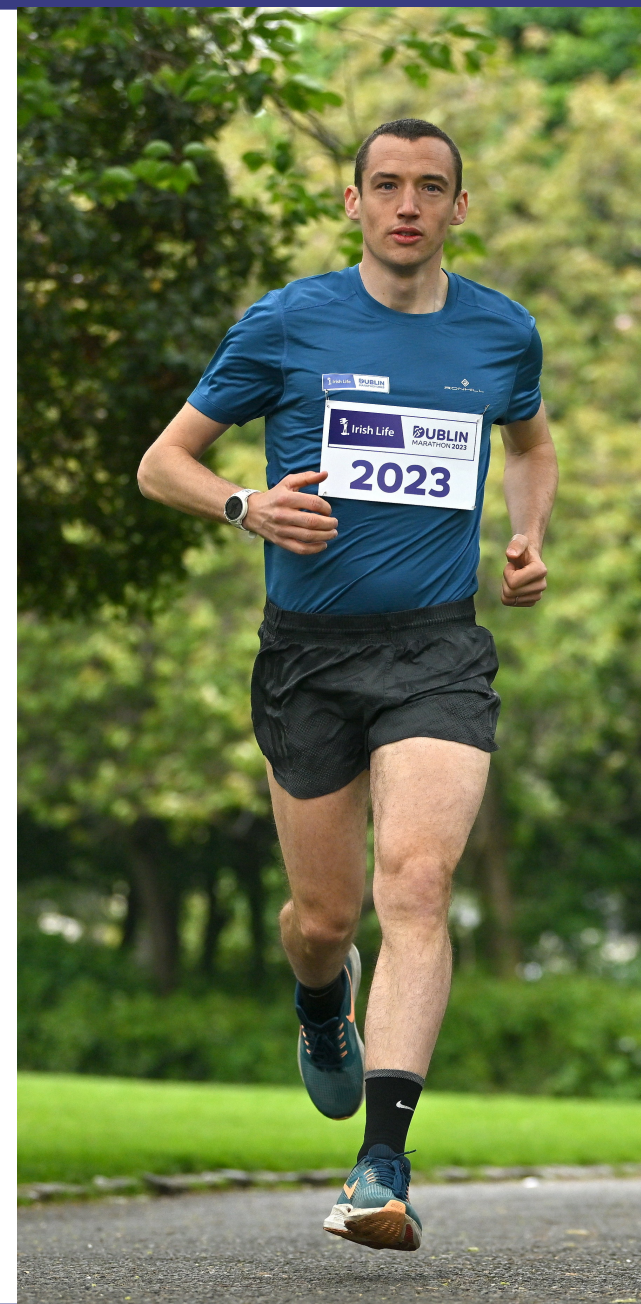


10min easy / 6x150m hill reps with easy jog recoveries / 10min easy

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

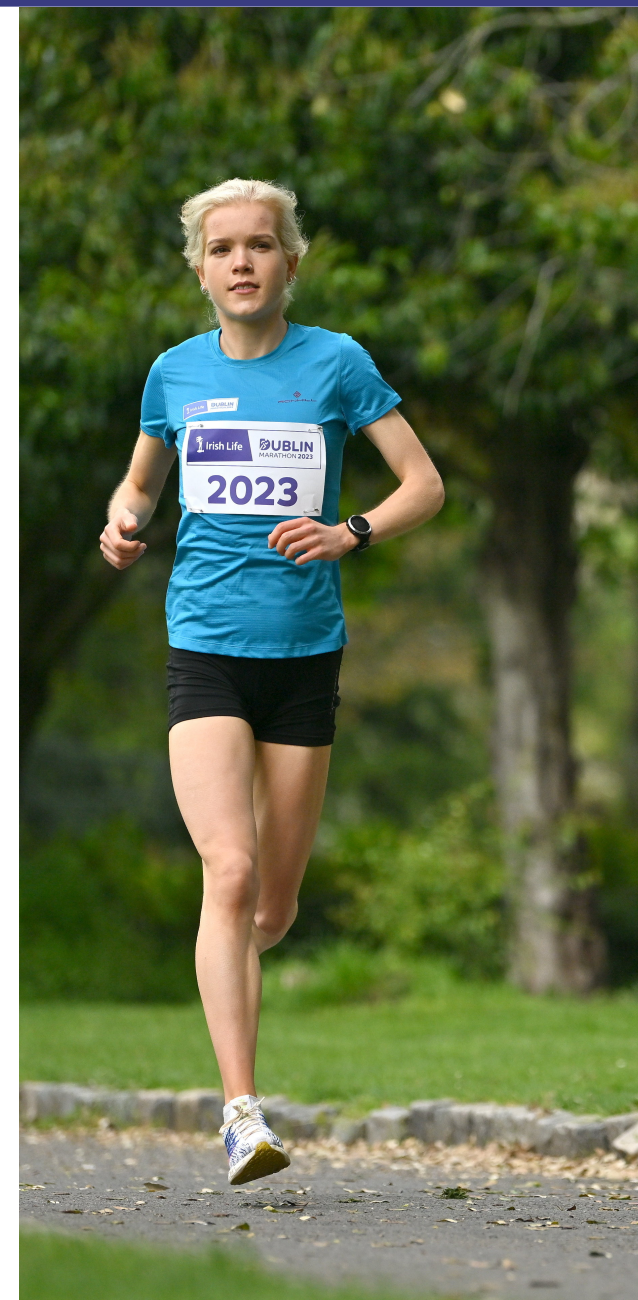


**10mins easy / 20mins tempo /
10mins easy**

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

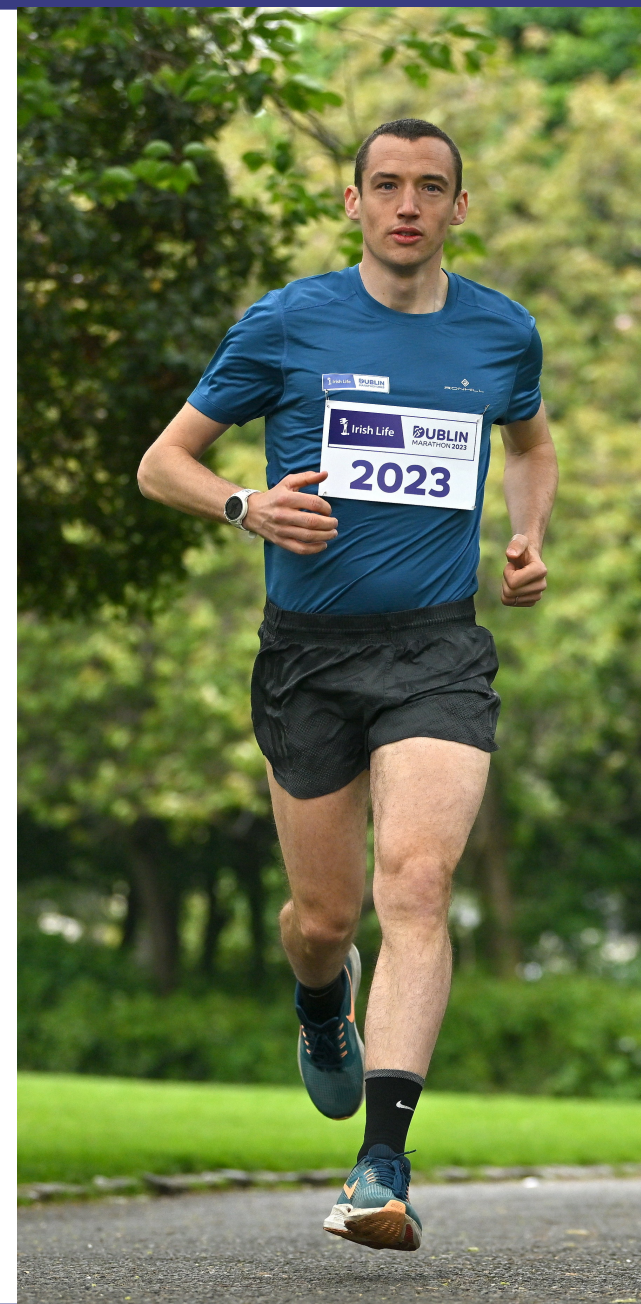


Irish Life Frank Duffy 10 Mile

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.