From exotic warm weather training to the Munich beer festival, you’re as likely to meet Frank at either. His all or nothing approach to training is refreshing, literally give it all otherwise do nothing at all. Here he explains how he manages running while working abroad and explains why he usually has a tan in the middle of the cross country season:

**When did it all start?**

*I was out one night on the beer, one of those rare nights I get out, when I made a bet with a buddy that I could do the marathon in under 4 hours. A year or two later I did it, in 4hrs 10 mins. I was working with Dave O Dwyer at the time and he told me about the 3k series organised by the club so I went along to a few and got hooked from there. That was around 2006 and I’ve been running ever since.*

**Why join East Cork?**

*I was running unattached for a year and training with a few lads I knew who ended up joining Midleton ac. I decided to join East Cork because of the people I knew in the club. I remember Roy was going particularly well at the time and being honest I felt a little intimidated for the first few months. But as it turned out I improved a lot more initially than the guys who joined Midleton ac. I love those sessions where your just slogging through muck in the cricket pitch or keeling over in welshtown in agony, there’s a feeling that no other local club is doing those type of sessions.*

**Typical weeks training?**

*When training is in full flow I would get out 7 days a week. Lately I’ve been aiming for the longer races so I’d squeeze a 10km tempo run and mile repeats in. I believe the 10k tempo is a great gauge of the current fitness and I always found it easier to do mile repeats by myself rather than anything shorter.*

**Do you find a benefit from warm weather training?**

*I’ve gone to various places for a weeks warm weather training, I love spending a week pretending I’m a full time athlete and it’s great being able to train and recover without life’s interruptions getting in the way. I’m actually quite a lazy person so I love sitting around reading a book or drinking coffee once the training is out of the way. It’s also great for adding a bit of variety especially if training for a marathon, the change of scene really helps and I always come back refreshed and energised.*

**What do you think helped you improve?**

*Aside from the obvious, interval training and mileage etc, I was constantly monitoring my food when training for a big race. Physically it made a massive difference but in terms of race performance I’m not sure. It consumed me to the point that it affected my mood and sleep so the benefit I should have got from hitting my ideal racing weight was negated my head not being in the right place.*

**Like about club?**

*Everyone is so friendly, theres no bullsh\*t. Nobody is strolling around wearing sunglasses and fancy gear. I’m a member of a club in Copenhagen and there’s no comparison. There’s a lot of banter and the rare compliment from Liam, dripping in sarcasm it may be, is worth its weigh in gold. The characters like Denis and Sean add to the culture in the club. An hours run passes by in a minute if you have Denis regaling stories from the past and Sean’s unassuming nature after winning a race is incredibly refreshing to hear. I‘m back in Ireland every two weeks but that’s family time and I really do miss going for a run with the east cork lads, particularly Welshtown.*

**Achievement your most proud of?**

*I won the intermediate county cross country in 2011. I remember having a good season but only finishing 5th on the East Cork team in the senior county and being fairly cheesed off. So I was delighted to go out and win the intermediate, it was just one of those days where everything clicked.*

**Any running goals for the future?**

*I’ve no immediate plans, maybe aim for a half marathon at the end of the summer. I find it a lot more difficult to train during the summer when the weathers good and there’s so much else to do. I’ve always had a goal of breaking 33 minutes for 10km and 16 mins for 5km so that’s still on my mind. Being the person I am, if one day I decide to give it a go Ill drop everything else and dedicate myself 100% to trying to hit those times. There’s no in between with me, I’m either extremely committed or not at all!*

**Outside of running**

*I’m big into music and socialising, as most people already know! But not just the drinking, I love being outdoors and going to concerts.*