



# Runners

## Training Plan

### 12 Weeks / 10km

Week	Monday Recovery	Tuesday	Wednesday Steady Longer Intervals	Thursday	Friday High Intensity Intervals	Saturday	Sunday Distance
1	20 mins Jog	Rest	5 mins Jog warm-up 8 x 2 mins Run (70% of max effort) 1 min Walk between each	Rest	8 mins Walk warm-up Jog 30 secs Sprint (85-95% of max effort) & 1 min Walk x 8	Rest	3.5km Run
2	25 mins Jog	Rest	5 mins Jog warm-up 8 x 2 mins Run (70% of max effort) 1 min Walk between each	Rest	8 mins Walk warm-up Jog 30 secs Sprint (85-95% of max effort) & 1 min Walk x 8	Rest	4.5km Run
3	30 mins Jog	Rest	5 mins Jog warm-up 10 x 2 mins Run (70% of max effort) 1 min Walk between each	Rest	8 mins Walk warm-up Jog 35 secs Sprint (85-95% of max effort) & 1 min Walk x 9	Rest	5km Run
4	35 mins Jog	Rest	5 mins Jog warm-up 10 x 2 mins Run (70% of max effort) 1 min Walk between each	Rest	8 mins Walk warm-up Jog 35 secs Sprint (85-95% of max effort) & 1 min Walk x 9	Rest	6km Run
5	40 mins Jog	Rest	5 mins Jog warm-up 10 x 2 mins Run (70% of max effort) 50 secs Walk between each	Rest	10 mins Walk warm-up Jog 35 secs Sprint (85-95% of max effort) & 1 min Walk x 10	Rest	7km Run
6 (recovery week)	20 mins Jog	Rest	5 mins Jog warm-up 8 x 2 mins Run (70% of max effort) 1 min Walk between each	Rest	6km Run (recovery week)	Rest	4km Run



Enter online at [vhiwomensminimarathon.ie](http://vhiwomensminimarathon.ie)



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Week	Monday Recovery	Tuesday	Wednesday Steady Longer Intervals	Thursday	Friday High Intensity Intervals	Saturday	Sunday Distance
7	45 mins Jog	Rest	10 mins Jog warm-up 6 x 3 mins Run (65% of max effort) 1 min Walk between each	Rest	10 mins Walk warm-up Jog 40 secs Sprint (85-95% max effort) & 1 min Walk x 8	Rest	8km Jog
8	50 mins Jog	Rest	10 mins Jog warm-up 7 x 3 mins Run (65% of max effort) 1 min Walk between each	Rest	10 mins Walk warm-up Jog 40 secs Sprint (85-95% max effort) & 1 min Walk x 9	Rest	9km Jog
9	55 mins Jog	Rest	10 mins Jog warm-up 7 x 3 mins Run (70% of max effort) 1 min Walk between each	Rest	10 mins Walk warm-up Jog 40 secs Sprint (85-95% max effort) & 1 min Walk x 10	Rest	9.5km Jog
10	55 mins Jog	Rest	10 mins Jog warm-up 8 x 2 mins Run (75% of max effort) 1 min Walk between each	Rest	8 mins Walk warm-up Jog 30 secs Sprint (85-95% max effort) & 1 min Walk x 9	Rest	10km Jog
11	45 mins Jog	Rest	10 mins Jog warm-up 10 x 2 mins Run (65% of max effort) 1 min Walk between each	Rest	8 mins Walk warm-up Jog 30 secs Sprint (70-75% max effort) & 1 min Walk x 8	8km Jog	Rest
12 (recovery week)	5 mins Jog warm-up 8 x 2 mins Run (70% of max effort) 1 min Walk between each	6km Run	Rest	30 mins Jog	Rest	20 mins light Jog or Walk	<b>Race Day</b> June 2 @12.30



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