

# WEEK

# 12

# WALKER



**TRAINING PLAN**

By Louise Heraghty

# WALKER

## Welcome to Week 12

Welcome to Week 12 of your training plan. You will be covering a 9km walk at the end of the week. With just over 2 weeks to go you are well on your way to completing the Vhi Women's Mini Marathon comfortably.



### Warm Up

It is still as important as ever to do the warm up even though you may be tempted to skip it. Do whatever works for you whether it's jogging or marching on the spot or doing a slow walk to begin. Remember on the day you will be waiting around before the race so a warm up will be required before you start.



### Pace

Continue with your brisk pace for midweek walks and take as long as you need for the 9km, especially if it's the first time you have covered this distance. If you don't have an activity tracker aim for 1 hour 25 minutes on the long walk.



### Cross Training

With just over two weeks to go there is less emphasis on cross training. Any additional cardio is a bonus but as always swimming, cycling, aerobics or flexibility classes like Yoga and Pilates will help.



### 7 Day Training Plan

- Day 1: 45 min walk
- Day 2: Rest
- Day 3: 45 min walk
- Day 4: Rest
- Day 5: 45 min walk
- Day 6: Rest or cross train
- Day 7: 9km walk