

WEEK 06 IMPROVER



TRAINING PLAN

By Louise Heraghty

IMPROVER

Welcome to Week 6

You are now running consistently and mixing up the sessions so should really be feeling the benefit. This week you will do sprint sessions. This is HIIT (High Intensity Interval Training) which means giving 100% effort for short intervals and really is the best way to get fitter and faster.



Warm Up

Begin with a 5 minute warm up before each session. Start each session with a slow paced jog if you are able for it. Alternatively, do a brisk walk with some arm swings forward and backwards to warm up the upper body. You can also do a few side skips and front skips to prepare your muscles for the session ahead.



Pace

Keep a moderate pace on all runs. For the sprint sessions pick landmarks eg lamp posts and go all out as fast as you can for the distance from post to post recovering between the next 2. Do this about 8-10 times in the session. Again, don't be put off by the word 'sprint' it just means speeding up and increasing your maximum effort to around 85-90% for a few seconds each time.



Cross Training

Any form of resistance training or doing your own weights in the gym will really strengthen your legs and help you achieve a faster Mini Marathon time. You can even do some bodyweight strength exercises like squats, lunges and press ups at home or after your run. Otherwise any form of cardio like swimming, cycling, aerobics will certainly have a positive effect on your running.



7 Day Training Plan

- Day 1:** Run 35 mins – easy to moderate pace
- Day 2:** Rest
- Day 3:** Run 30 mins – including lamp post sprints 50 mtrs x 10
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 45 mins – easy to moderate pace
- Day 7:** Rest