

# WEEK

# 10

# BEGINNER



## TRAINING PLAN

By Louise Heraghty

# BEGINNER

## Welcome to Week 10

Welcome to Week 10, as we get closer to Mini Marathon Day you will now be running for a minimum of 30 minutes on each session, so it is important to space out your training days and take the rest and recovery where needed.



### Warm Up

Continue with your warm up walk of 3-5 minutes, now that you are running for up to 30 minutes it is especially important to have the muscles and joints prepared for the workout so spend as much time as you need to with your arm swings, shoulder rolls etc.



### Pace

Try race pace on your 30 minute run or for as much as you can (i.e. the pace that you would like to aim for on June 5th). For the 5km and 6km runs concentrate on covering the distance and you can worry about pace later.



### Cross Training

Don't forget to rest and recover and as you are now running for longer durations the cross training can take a bit of a back seat, if you don't manage to include extra activities it's fine. However if you can fit in a resistance or flexibility class on any of the rest days it will help improve your fitness and build strength as we approach June 5th.



### 7 Day Training Plan

- Day 1: Run 30 mins**
- Day 2: Rest**
- Day 3: Run 5km or 35 mins**
- Day 4: Rest**
- Day 5: Rest or cross train**
- Day 6: Run 6km or 40 mins**
- Day 7: Rest**