

# WEEK

# 12

# BEGINNER



## TRAINING PLAN

By Louise Heraghty

# BEGINNER

## Welcome to Week 12

Welcome to Week 12 of your training plan. You will be running 9km by the end of the week and if this is your first time covering the distance then just take it slow and steady. You have gradually been increasing your fitness and endurance and you can be confident of covering the distance. If you don't have a tracker, aim to run for 55 minutes.



### Warm Up

Your warm up is still as important as ever especially as you will be exercising for longer. Start by jogging on the spot and add in some upper body movements like arm swings and shoulder rolls. Spend at least 3 minutes warming up before you start jogging.



### Pace

Because you will be covering 9km on the long run, the midweek runs are just 30 minutes. Take advantage of these shorter runs by aiming to run at a pace you think you can manage on race day. For the 9km just take it easy and concentrate on covering the distance.



### 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 30 mins**
- Day 4: Rest**
- Day 5: Rest or cross train**
- Day 6: Run 9km or 55 mins**
- Day 7: Rest**