

WEEK 06 WALKER



TRAINING PLAN

By Louise Heraghty

WALKER

Welcome to Week 6

Week 6 will see you walking for up to 50 minutes by the end of the week! If you are sticking to the plan you should find these extra 5 minutes manageable. If you do struggle just pull the pace back a little on the longer walk. Otherwise go for it you are now well on your way and almost up to the 1 hour mark!



Warm Up

Start each workout with a 3-5 minute walk to warm up your muscles and joints, to increase your heart rate and to help prevent injury. This should be at an easy pace and not as brisk as the main phase of the workout. Warm up the head and neck muscles by looking left and right, up and down and stretching your ear down towards your shoulder on each side. You can warm up your arms and shoulders by including some forward and backward arm circles as you walk.



Pace

You are now up to 40 minutes for the mid-week walk and up to 50 for the long mileage building walk. Ideally you should be able to complete this at the same pace as the shorter walks (moderate) but if you need to pull back on this one, do.



Cross Training

Cross training is an option if you would like to improve your overall fitness; it will also benefit your overall Vhi Women's Mini Marathon experience and can help keep things interesting. The cross training day can involve anything from cycling to swimming. Anything that will help increase your cardiovascular capability. It would be advisable to include one or more flexibility workouts i.e. Yoga or Pilates.



7 Day Training Plan

- Day 1: 40 min walk**
- Day 2: Rest**
- Day 3: 40 min walk**
- Day 4: Rest**
- Day 5: 40 min walk**
- Day 6: Rest or cross train**
- Day 7: 50 min walk**

