

WEEK 07 BEGINNER



TRAINING PLAN

By Louise Heraghty

BEGINNER

Welcome to Week 7

Welcome to Week 7 and to the halfway point on your Vhi Women's Mini Marathon training plan! Now you should really consider yourself a runner and this week will include more 10 minute intervals and up to 12 minutes by the end of the week – a significantly longer session of 45 minutes so try not to feel overwhelmed and just take it in blocks.



Warm Up

Continue with your warm up walk of 3-5 minutes and include some upper and lower body movements like arm swings forward and back and high knees or side skips.



Pace

Aim to maintain a comfortable pace and avoid starting off too fast. Remember, you should be able to hold a conversation comfortably without being too out of breath. Again, take the recovery walks and increase them where needed.



Cross Training

Don't forget to rest and recover but you can still include other types of fitness into your routine. Continue with swimming/cycling/flexibility exercises or even leisurely walking to compliment your training.



7 Day Training Plan

- Day 1:** Run 10 mins, walk 2 mins x 3. Total 36 mins
- Day 2:** Rest
- Day 3:** Run 10 mins, walk 2 mins x 3. Total 36 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 12 mins, walk 3 mins x 3. Total 45 mins
- Day 7:** Rest

