

WEEK 08 WALKER



TRAINING PLAN

By Louise Heraghty

WALKER

Welcome to Week 8

Welcome to Week 8 of your training plan. You will reach the one hour mark on your long walk this week. The midweek walks are the same duration – 45 minutes at this stage as you want to be ready for the long weekend walk and not burnt out. Take advantage of this and perhaps push yourself a little more in the 45 minute walk. Also, at this stage you may need a boost in motivation as the sessions get repetitive so change up the route to keep things interesting.



Warm Up

Do whatever warm up works for you - either a short slow walk or some on-the-spot exercises to get the muscles moving. Try marching or jogging on the spot. Swing your arms forward and back, do a few jump jacks just make sure you are warm and ready to get moving!



Pace

As the midweek walks have no increase this week, you can try and go slightly faster, build up a sweat but don't be too out of breath. For the long one hour walk, just take it as easy as you need to.



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 cardio vascular capability. It would be advisable to include one or more flexibility workouts i.e. Yoga or Pilates



7 Day Training Plan

- Day 1:** 45 min walk
- Day 2:** Rest
- Day 3:** 45 min walk
- Day 4:** Rest
- Day 5:** 45 min walk
- Day 6:** Rest or cross train
- Day 7:** 1 hour walk