

WEEK 09 IMPROVER



TRAINING PLAN

By Louise Heraghty

IMPROVER

Welcome to Week 9

Welcome to Week 9, if you have been consistently following the training plans you should see an improvement in your fitness and running speed at this stage. This week, you will be running 9km for the long session or if you prefer to measure by time – up to 1 hour.



Warm Up

Begin with a 5 minute warm up before each session. Start each session with a slow jog if you are able for it. Alternatively, do a brisk walk with some arm swings forward and backwards to warm up the upper body. You can also do a few side skips and front skips to prepare your muscles for the session ahead.



Pace

The first run is at a moderate pace – comfortable enough to be able to keep it up for 45 minutes. Then for the next run, aim to cover 5km at a pace that you would like to keep up on Vhi Women's Mini Marathon day e.g. if your goal is for a 1 hour Mini Marathon then try to do the 5km in 30 minutes. For the longer run, you can take it easy and just make sure you get it covered.



Cross Training

The cross training takes a bit of a back seat now as the run days are up to 1 hour in duration so if you don't manage to include extra activities it's fine.

However, if you are going to do extra sessions, any resistance classes that involve your legs will really help strengthen your muscles and improve endurance. It would also be a good idea to get plenty of stretch and flexibility in.



7 Day Training Plan

- Day 1:** Run 45 mins – easy to moderate pace
- Day 2:** Rest
- Day 3:** Run 5km – race pace
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 9km or 1 hour – easy pace
- Day 7:** Rest