

# WEEK 03 WALKER



**TRAINING PLAN**

By Louise Heraghty

# WALKER

## Welcome to Week 3

This week you should aim to add 5 minutes a day to your workout. You will now be aiming to walk for up to 30 minutes, 4 days a week, including a mileage building day on your last day when you will walk for 35 minutes. It's important to gauge the intensity of the walk so my advice would be that your pace should mean you are able to hold a conversation but still feel like you've increased your heart rate and built up a bit of a sweat.



### Warm Up

Start each workout with a 5 minute walk to warm up your muscles and joints, increase your heart rate and to help prevent injury. This should be done at an easy pace and not as brisk as the main phase of the workout. Warm up your head and neck muscles by gently 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

The pace for the main phase should be comfortable but not too slow. It's enough to make you build up a sweat by the end of the walk. You should be able to hold a conversation and not be too out of breath.



### 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.

Your body should now be getting used to regular walking. Add 5 minutes a day so you are walking 30 minutes 3 days and 35 minutes on the last day. If you find it too much you can always reduce the training time, the most important thing is to gradually increase fitness and get used to regular exercise.



### 7 Day Training Plan

- Day 1: 30 min walk
- Day 2: Rest day
- Day 3: 30 min walk
- Day 4: Rest day
- Day 5: 30 min walk
- Day 6: Rest or cross train
- Day 7: 35 min walk