

WEEK

01

IMPROVER



TRAINING PLAN

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IMPROVER

Week 1: Welcome to the first step in your journey to the 2017 Vhi Women's Mini Marathon!

This programme is aimed at anyone who already runs regularly and wants to improve speed and endurance to achieve a personal best at the Vhi Women's Mini Marathon. Perhaps you have a few 5km runs under your belt or even a 10km. The plan will include steady race pace jogs and sprints and hill sprints. The first week will be based on duration rather than distance. Start with a 5 minute warm up and as before, the cross training at the weekend is optional. Stick with a comfortable pace for the weekly runs and at the weekend try increasing the pace slightly to moderate.



Warm Up

Start each workout with a 5 minute walk to warm up your muscles and help prevent injury. The total exercise time on each day below excludes the warm up. I have included an option to do any other form of exercise on the Sunday or on any day that you are not running. Take the dog for a walk, cycle to work, take a yoga class; the choices are endless!



Pace

Remember, you should be able to hold a conversation comfortably, without being too out of breath.



Cross Training

Items listed on the cross training day are just a suggestion. Pick any activity that will help improve your overall fitness and increase your cardio vascular capability. Listen to your body and see how much energy you have after the three days of training.

30 minutes of swimming or other forms of exercise such as using cardio machines in the gym/spinning class/aerobics class is more than enough on a cross training day. If you are cycling, increase the time to 45 minutes or allocate 1 hour for walking. This is not a hard training day so the intensity levels should be light – a gentle swim, comfortable walk or relaxing flexibility class like yoga or Pilates will work well.



7 Day Training Plan

- Day 1:** **Run 20 minutes easy** - you should be able to hold a conversation while jogging and not be too out of breath. At this stage you may know what your average pace per km is so I would advise to stick to this or go just a bit under this e.g. 6 minute kms (10km in 1 hour). As the weeks go on we will concentrate on improving pace so you can set a goal for time.
- Day 2:** **Rest**
- Day 3:** **Run 20 mins** - easy pace
- Day 4:** **Rest**
- Day 5:** **Cross train- cycle/swim/walk**
- Day 6:** **Run 25 mins** - easy to moderate pace
- Day 7:** **Rest**