

WEEK

05

IMPROVER



TRAINING PLAN

By Louise Heraghty

IMPROVER

Welcome to Week 5

Welcome to week 5, in addition to doing your longer weekend run we've also included some hill running and hill sprints. Changing the terrain really helps improve your speed and overall fitness and as the Vhi Women's Mini Marathon route is relatively flat you will really see the benefit of having trained on an incline.



Warm Up

Begin with a 5 minute warm up before each session. Start each session with a slow paced 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

Keep a moderate pace for the midweek runs and challenge yourself to go a bit faster on the longer run. For the hills just aim to change your terrain and include some runs at an easy pace up a gradual incline. Or you can decide to do hill sprints- sprint to the top of a hill approx 50 metres walk back down to recover and repeat 5 times.



Cross Training

Any form of resistance training or doing your own weights in the gym will really strengthen your legs and help you achieve a faster Vhi Women's Mini Marathon time. You can even do some bodyweight strength exercises like squats, lunges and press ups at home or after your run. Otherwise any form of cardio like swimming, cycling, aerobics will certainly have a positive effect on your running.



7 Day Training Plan

- Day 1:** Run 30 mins – easy to moderate pace
- Day 2:** Rest
- Day 3:** Run 30 mins – including hills/hill sprints 50 mtrs x 5
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 40 mins – race pace
- Day 7:** Rest