

# WEEK 05 WALKER



**TRAINING PLAN**

By Louise Heraghty

# WALKER

## Welcome to Week 5

Welcome to week 5 of the programme which will see you increase to 45 minute sessions by the end of the week. Most people who walk the Vhi Women's Mini Marathon finish anywhere between 1hr 15 to 2 hours or over so with 9 weeks to go you still have plenty of time to set a goal time and build up to it in your long training walks.



### Warm Up

Start each workout with a 3-5 minute walk to warm up your muscles and joints, to increase your heart rate and to help prevent injury. This should be at an easy pace and not as brisk as the main phase of the workout. Warm up the head and neck muscles by 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

We are adding another 5 minutes to the mid-week walks so you are now up to 35 minutes at a moderate pace: still enough to hold a conversation but build up a sweat. The final workout is a 45 minute walk, now that you are exercising for over a month you should really see an improvement in your fitness levels and should find the 45 minutes challenging but manageable at a moderate pace.



### 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 is advisable to include one or more flexibility workouts i.e. Yoga or Pilates.



### 7 Day Training Plan

- Day 1: 35 min walk
- Day 2: Rest
- Day 3: 35 min walk
- Day 4: Rest
- Day 5: 35 min walk
- Day 6: Rest or cross train
- Day 7: 45 min walk