

# WEEK

# 14

# BEGINNER



## TRAINING PLAN

By Louise Heraghty

# BEGINNER

## Welcome to Week 14

Welcome to Week 14 of your 2016 Vhi Women's Mini Marathon training programme. This week you'll notice that I haven't suggested you increase your mid-week runs - in fact there is a slight reduction in the session times. This is to allow your body time to prepare for this week's long run which I've suggested be 9km or a continuous 55 minute run (we'll be aiming for a run of 10km by week 15 so you will be well prepared for June 6th).



### Warm Up

Your warm-up should be a minimum of 3-5 minutes but at this stage you should be used to getting your body ready, so if you need to take longer to warm up then do. It can be a brisk walk or a walk with dynamic exercises like arm swings, side skips and high knee runs on the spot.



### Pace

This will be the first time you will be running a distance of up to 9km so make sure you aim to keep a pace that you can maintain for the duration. You can continue to do cross training like cycling or swimming on the days you are not running but, as we get closer to June 6th, recovery is becoming even more important, so it is crucial that you get at least one rest day with no exercise at all.



### Tip of the Week

Now that you are running regularly you may have mastered the breathing technique that works for you but breathlessness can be a common problem for beginners. It would be a shame to let it impact on your first 10km so concentrate on getting this area of your training right over the next few weeks. Breathing deeply through the mouth is the most efficient way to get oxygen to the body and that is your ultimate goal. Above all however, you need to be comfortable, so find a method that feels right for you. If you feel too breathless, slow your pace or have a walk-break. Keep moving and start running again when you have caught your breath. Good luck with your long run and enjoy this week's plan!



### 7 Day Training Plan

- Day 1:** Run 30 mins, walk 5mins, and run 10 mins. Total 45 mins
- Day 2:** Rest
- Day 3:** Run 40 mins, walk 5. Total 45 mins
- Day 4:** Rest
- Day 5:** Run 9km (or 55 mins)
- Day 6:** Cycle/swim/walk
- Day 7:** Rest



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