

# WEEK

# 14

# WALKER



## TRAINING PLAN

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# WALKER

## Welcome to Week 14

Welcome to Week 14 of your Vhi 2016 Women's Mini Marathon training plan. You should have done your first 10km walk last week and hopefully got through it comfortably. From this week, you'll be reducing the distances you walk but the aim is to keep you exercising regularly.



### Pace

Your pace should still be at a level that you are comfortable with but you should definitely feel like you have had a workout. You should have a good idea of what pace you can maintain based on your 10km walk last week so stick to that for the next few weeks. If you are feeling fit and well you could always aim to increase your pace but the key piece of advice is to aim for consistency i.e. a pace you can maintain from the start until the end of each walk.



### Tip of the Week

Brisk walking: Your aim for the 2016 Vhi Women's Mini Marathon may be to walk the 10km, cross the finish line and not be concerned with how long it takes you. This in itself is a great goal but for many of you regular walkers, you may want to push yourself more and record a faster time than previous years. Brisk walking is often reported to have benefits for fitness and to reduce health risks compared to walking at an easy pace. But what is it and how fast do you have to walk for it to be considered a brisk walking pace? Brisk walking actually refers to your exertion. For your walking pace to be brisk, you need to be breathing harder than usual. While you should be able to speak in full sentences, you shouldn't be able to sing!



### 7 Day Training Plan

- Day 1:** 50 mins walk - moderate pace
- Day 2:** Rest
- Day 3:** 60 mins walk - moderate pace
- Day 4:** Rest
- Day 5:** 50 mins walk - moderate pace
- Day 6:** Rest or cross train - cycle/swim/walk
- Day 7:** 8km walk - aim for race day pace and record your time



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