

WEEK 04 IMPROVER



TRAINING PLAN

By Louise Heraghty

IMPROVER

Welcome to Week 4

Now is the time to take your training up a gear, so we've introduced intervals to one of the sessions. It means you'll be increasing your speed slightly for minute long intervals. This will challenge your fitness and really help you achieve your target race time.



Warm Up

Begin by either brisk walking for 5 minutes or if you feel you are ready to start jogging then perhaps do a very slow jog to ease you into the workout. You could also warm up on the spot by doing some sprints, high knees, jump jacks or anything that will increase your heart rate and help you get ready for the main phase.



Pace

The pace for each workout is included. The midweek runs are easy to moderate, this is a manageable pace and enough to make you build up a sweat, but the aim is more to build up the mileage in your legs and prepare you for the longer run at the weekend. There is one interval run – run at a moderate pace and include 5 x 1 minute faster than your race pace run. The longer run is at race pace.



Cross Training

If you are a regular runner you will know the benefits of cross training. Any form of resistance training like a kettlebells class or doing your own strength class 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 – easy to moderate pace, including 1 min fast pace every 6 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 6km or 35 mins – race pace
- Day 7:** Rest

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