

WEEK

06

BEGINNER



TRAINING PLAN

By Louise Heraghty

BEGINNER

Welcome to Week 6

Welcome to week 6 of the programme, you are going to reach a milestone this week and will be doing your first 10 minute run. Take it easy and take as much recovery as you need (3 minute walk suggested in plan). With 2 months to get to your goal you are doing great.



Warm Up

Continue with your warm up walk of 3-5 minutes and include some upper and lower body movements like arm swings forward and back and high knees or side skips.



Pace

Try to maintain a comfortable pace without starting off too fast. Remember, you should be able to hold a conversation comfortably, without being too out of breath. Notice there is an increased recovery walk on the last day (3 minutes) as you'll be doing your first 10 minute run!



Cross Training

As the runs are getting longer you really do need your rest and recovery days however you can still include other types of fitness into your routine. Continue with swimming/cycling/flexibility exercises or even leisurely walking to compliment your training.



7 Day Training Plan

- Day 1:** Run 8 mins, walk 2 mins x 3. Total 32 mins
- Day 2:** Rest
- Day 3:** Run 9 mins, walk 2 mins x 3. Total 33 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 10 mins, walk 3 mins x 2. Run 5 mins. Total 31 mins
- Day 7:** Rest

