

# WEEK

# 11

# BEGINNER



## TRAINING PLAN

By Louise Heraghty

# BEGINNER

## Welcome to Week 11

Welcome to Week 11 of your training plan. You will be running 8km by the end of the week, so if this is your first time covering that distance; just take your time and concentrate on getting through it. If you don't have an activity tracker and can't measure the distance, run for 50 minutes on the long session.



### Warm Up

Continue with your warm up walk of 3-5 minutes. Now that you are running for longer, it is particularly important to have the muscles and joints prepared for the workout, so spend as much time as you need to with your arm swings, shoulder rolls etc.



### Pace

Aim for race pace on your 30 minute run or for as much as you can (ie the pace that you would like to aim for on June 5th). For the longer 6km & 8km runs, you can pull back slightly if needed. Race day pace tends to be slightly faster when we get caught up in the atmosphere of the day, so it's not essential to recreate this in training.



### Cross Training

As running is the main focus now, you don't have to worry too much about cross training, but as always any extra form of exercise can benefit. Try to dedicate 10-15 minutes to stretching once or twice in the week. You should be holding your leg stretches for at least 30 seconds.



### 7 Day Training Plan

- Day 1: Run 30 mins**
- Day 2: Rest**
- Day 3: Run 6km or 40 mins**
- Day 4: Rest**
- Day 5: Rest or cross train**
- Day 6: Run 8km or 50 mins**
- Day 7: Rest**