

WEEK

11

IMPROVER



TRAINING PLAN

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IMPROVER

Welcome to Week 11

Welcome to Week 11 of your training plan. If you are running consistently, you should be feeling confident and healthy ahead of the big day and with just 3 weeks to go, you will complete a 10km run this week.



Warm Up

Begin with a 3-5 minute warm up before each session. Start each session with a slow paced jog if you are able for it. Alternatively, do a brisk walk with some arm swings forward and backwards to warm up the upper body. You can also do a few side skips and front skips to prepare your muscles for the session ahead.



Pace

For the 6km run try a moderate pace. You will include sprint sessions on the next run to help increase your fitness and continue to challenge yourself. Then on the 10km perhaps try to do it slightly faster than last week's run.



Cross Training

Because you will be running 10km this week, you don't have to overdo it on other exercise. It is however a good idea to continue with any resistance or flexibility training you have been doing. Any form of non-impact cardio like swimming, cycling or walking will be of benefit for your overall fitness.



7 Day Training Plan

- Day 1:** Run 6km – moderate pace
- Day 2:** Rest
- Day 3:** Run 40 minutes including 10 x 100 metre sprints or lamppost to lamppost sprints
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 10km – easy pace
- Day 7:** Rest