

WEEK

11

WALKER



TRAINING PLAN

By Louise Heraghty

WALKER

Welcome to Week 11

Welcome to Week 11 of your training plan. By the end of the week, you will walk 8km. This could be your first time covering the distance. Whether it is or isn't, note down the time it takes and it will give you a rough idea of what time you'd like to complete the 10km in. If you don't have an activity tracker and can't measure the distance, aim to walk for around 1 hour 20 minutes on the long session.



Warm Up

At this stage you will be familiar with what warm up works best for you. Begin with either a few on the spot exercises or just ease into a slow walk before getting started.



Pace

The mid-week walks can be at a brisk pace. For the 8km walk, aim to cover the distance as close to race pace as you can in order to give you an idea of predicted time.



Cross Training

With the weeks counting down there is less emphasis on other forms of exercise; just make sure you get your walking in. Anything after that is a bonus but as always swimming, cycling, aerobics or any form of flexibility will always help improve fitness and only add to your training experience.



7 Day Training Plan

Day 1: 45 min walk
Day 2: Rest
Day 3: 50 min walk
Day 4: Rest
Day 5: 45 min walk
Day 6: Rest or cross train
Day 7: 8km walk