

WEEK

12

IMPROVER



TRAINING PLAN

By Louise Heraghty

IMPROVER

Welcome to Week 12

Welcome to Week 12 of your training plan. With just over two weeks to go you should aim to do your last 10km training run this week. After that you can concentrate on shorter sessions as you prepare for a PB on June 5th!



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

Keep a steady pace for your 5km & 6km runs. As this is your last 10km before the race you could aim to keep it as close to your predicted pace as possible. As I've said before, adrenaline and excitement will kick in at the Vhi Women's Mini Marathon so you might end up going slightly faster but this training run should give you a good idea of where you are with your timing goals and what time you can expect to finish in.



Cross Training

It's really important to look after your body at this stage and remain injury free. Any additional exercise or gym work will help but make sure to have a recovery day before and after the 10km running session.



7 Day Training Plan

- Day 1: Run 6km**
- Day 2: Rest**
- Day 3: Run 5km**
- Day 4: Rest**
- Day 5: Rest or cross train**
- Day 6: Run 10km** –aim for race day pace or as close as possible
- Day 7: Rest**