

# WEEK 13 IMPROVER



**TRAINING PLAN**

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# IMPROVER

## Welcome to Week 13

Welcome to Week 13 of your training plan. As you've already covered up to two 10km runs, it's not essential to cover the distance again before race day. However, if you feel you need to for a confidence boost then perhaps do one last 10km on your weekend training session. Otherwise covering 8 to 9km would be ideal.



### 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

You can get used to running at race day pace on these shorter sessions (6 minutes per km if you're aiming for 1 hour finish time or 5 minutes 30 seconds per km for 55 minutes finish time). You will do one last hill sprint session. This will help your overall speed on the day as the route is fairly flat.



### Cross Training

Look after yourself in the lead up to race day, you don't want to pick up an injury at this stage. Any additional exercise or gym work will help but make sure to have a recovery day before and after you do your 10km.



### 7 Day Training Plan

- Day 1:** Run 5km
- Day 2:** Rest
- Day 3:** Run 30 mins including 5 x 100 metre hill sprints
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 8/9/10km
- Day 7:** Rest