

WEEK

13

WALKER



TRAINING PLAN

By Louise Heraghty

WALKER

Welcome to Week 13

Welcome to Week 13 of your training plan. You have finally reached the 10km mark and will be covering it on your last training session of the week. With just over a week to go to the Vhi Women's Mini Marathon, it is probably a good idea to make this the last 10km that you walk until the event itself. If you don't have an activity tracker to measure the distance, then aim to walk for around 1 hour 30 minutes.



Warm Up

It is still as important as ever to do the warm up, even though you may be tempted to skip it. Do whatever works for you, whether it's jogging or marching on the spot or doing a slow walk to begin. Remember on the day you will be waiting around before the race, so a good warm up will be required before you start.



Pace

Continue with your brisk pace for midweek walks. By now you should really know what pace you can manage and what challenges you. If you are training with family or friends, you should be used to chatting while walking and working up a sweat! For the 10km don't worry about pace, just get through it and take note of how long it takes so you have an idea of your predicted Vhi Women's Mini Marathon finish time.



Cross Training

With just over a week to go, it is really important to rest and recover so aside from your training walks, there isn't huge benefit to be gained from overdoing it on the exercise front. Stretching, however, is always really beneficial.



7 Day Training Plan

- Day 1:** 45 min walk
- Day 2:** Rest
- Day 3:** 40 min walk
- Day 4:** Rest
- Day 5:** 40 min walk
- Day 6:** Rest or cross train
- Day 7:** 10km walk