

# WEEK 08 IMPROVER



**TRAINING PLAN**

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# IMPROVER

## Welcome to Week 8

Welcome to week 8 of your Vhi Women's Mini Marathon training plan. Although you have over 6 weeks to go, you will be aiming for an 8km run at the end of the week. The idea is to get up to 10km over the next few weeks giving you plenty of time to do some practice runs and a bit of recovery time before the event itself. Last week you did some hill sessions, so it's back to the flat now and you will reintroduce some interval training.



### 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 moderate pace on the mid-week runs – for the interval session, run for 6 minutes at easy pace then speed up for 1 minute, repeat this 5 or 6 times (up to anywhere between 35 & 45 minutes). For the long run just concentrate on covering the 8km or running for 55 minutes at a manageable pace.



### Cross Training

Any form of resistance training or doing your own weights in the gym will really strengthen your legs and help you achieve a faster Vhi Women's Mini Marathon time. You can even do some bodyweight strength exercises like squats, lunges and press ups at home or after your run. Otherwise any form of cardio like swimming, cycling, aerobics will certainly have a positive effect on your running.



### 7 Day Training Plan

- Day 1:** Run 45 mins – easy to moderate pace
- Day 2:** Rest
- Day 3:** Run 6 mins – easy pace, then 1 min fast pace (80-90% effort) x 6
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 8km or 55 mins – easy pace
- Day 7:** Rest