

WEEK

03

BEGINNER



TRAINING PLAN

By Louise Heraghty

BEGINNER

Welcome to Week 3

This week you will be working out for up to 30 minutes or slightly longer on each session (including the warm up). For the first two sessions we will be keeping to 3 minute running intervals. By session three the aim will be to increase the running intervals to 4 minutes and 5 minutes. While we are aiming to run for longer it is equally important to allow the correct amount of time for your recovery walks as there is still a long way to go until June 5th!



Warm Up

Start with a 5 minute walk at an easy pace. This is a good opportunity to warm up the muscles and joints so introduce a few arm swings forward and back. Increase your heart rate with a few side skips and front skips. Warm up the hamstrings by kicking your heels up to your backside and then put your hands out in front and bring your knees up to meet the palms of your hands.



Pace

As it's still early days in the programme the focus is on building endurance and being able to maintain the jog for the required duration so take it as slowly as you need to. There is a tendency to start off too quickly so keep pace in mind as soon as you begin.



Cross Training

Now that you are jogging regularly up to 4 times a week, you do need your recovery/rest days. However there is always an option to cross train on one of the other days during the week and this might be a good opportunity to introduce either some flexibility/stretching like a Yoga or Pilates class or to do some non-impact cardio like swimming or cycling. Even a leisurely walk at the weekend will benefit your training.



7 Day Training Plan

- Day 1:** Run 3 mins, walk 2 mins x 5. Total 25 mins
- Day 2:** Rest
- Day 3:** Run 3 mins, walk 2 mins x 5. Total 25 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 4 mins, walk 2 mins x 2,
Run 5 mins, walk 2 mins x 2. Total 26 mins
- Day 7:** Rest