

WEEK

03

IMPROVER



TRAINING PLAN

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IMPROVER

Welcome to Week 3

By the end of this week you should be able to run 35 minutes comfortably. Aim to run the midweek runs at a moderate pace. The purpose of these runs is to build up mileage and prepare you for the longer run at the weekend. Complete the longer run at race pace, challenge yourself to go a little bit faster and at the pace you expect to run on June 5th.



Warm Up

Begin by either brisk walking for 5 minutes or if you feel you are ready to start jogging then perhaps do a very slow jog to ease you into the workout. You could also warm up on the spot by doing some sprints, high knees, jump jacks or anything that will increase your heart rate and help you get ready for the main phase.



Pace

The pace for each workout is included. The midweek runs are easy to moderate, this is a manageable pace, enough to make you build up a sweat but the aim is more to build up the mileage in your legs and prepare you for the longer run at the weekend. The longer run is at race pace – challenge yourself to go a little bit faster and at the pace that you expect to run on June 5th. If for example you wanted to run, complete the 10k in 55 minutes aim to run 5 minute 30 seconds per kilometre.



Cross Training

If you are a regular runner you will know the benefits of cross training. Any form of resistance training like a kettlebells class or doing your own strength class in the gym will really strengthen your legs and help you achieve a faster 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 30 mins - easy to moderate pace
- Day 2:** Rest
- Day 3:** Run 30 mins - easy to moderate pace
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 6km or for 35 mins - race pace
- Day 7:** Rest