

WEEK

02

IMPROVER



TRAINING PLAN

By Louise Heraghty

IMPROVER

Welcome to Week 2

Week 2 is about continuing with the steady runs at your normal jog pace but also including a couple of speed sessions. This simply involves building up your speed from an easy jog to a relaxed sprint for 5 times during the run. You can do this for 50 metres or an easier way of measuring it is by picking landmarks eg. lamppost to lamppost – recovering every second one. You can decide when you do the sprints but make sure it is after you have warmed up. Warm up with a 5 minute walk or a very light jog if you prefer.



Warm Up

The warm up will be the same as last week. It is particularly important to warm up the muscles and joints before each session. Start with a 5 minute walk. While you are walking introduce some arm swings forward and backwards to warm up the upper body. You may also do a few side skips and front skips to prepare your muscles for the session ahead.



Pace

Remember, you should be able to hold a conversation comfortably, without being too out of breath.



Cross Training

Items listed on the cross training day are just a suggestion. Pick any activity that will help improve your overall fitness and increase your cardio vascular capability. Listen to your body and see how much energy you have after the three days of training.

30 minutes of swimming or other forms of exercise such as using cardio machines in the gym/spinning class/aerobics class is more than enough on a cross training day. If you are cycling, increase the time to 45 minutes or allocate 1 hour for walking. This is not a hard training day so the intensity levels should be light – a gentle swim, or a comfortably based walk or relaxing flexibility class like yoga or Pilates will work well.



7 Day Training Plan

- Day 1:** Run 20 mins - easy pace
- Day 2:** Rest
- Day 3:** Run 25 mins - easy pace. Include 5 x 50 metres speed runs. Build up your speed from an easy jog to a relaxed sprint.
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 30 mins - easy pace. Include 5 x 50 metres speed runs.
- Day 7:** Rest