

# WEEK 05 BEGINNER



**TRAINING PLAN**

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# BEGINNER

## Welcome to Week 5

By the end of this week you will be running in 8 minute blocks with 2 minutes recovery walk but it's important to note that you can take a longer recovery walk where needed. It's more important to be able to do the 8 minutes without stopping.



### Warm Up

At this stage you should know if 5 minutes of a walk is enough to get you warmed up however you could only need 2 or 3 minutes so walk for as long as you feel you need to. Introduce a few upper body movements like arm swings forward and back and lower body movements like high knees or side skips.



### Pace

Try to maintain a comfortable pace without starting off too fast. Remember, you should be able to hold a conversation comfortably, without being too out of breath.



### Cross Training

As the runs are getting longer you really do need your rest and recovery days however you can still include other types of fitness into your routine. Continue with swimming/cycling/flexibility exercises or even leisurely walking to compliment your training.



### 7 Day Training Plan

- Day 1:** Run 6 mins, walk 2 mins x 4. Total 32 mins
- Day 2:** Rest
- Day 3:** Run 7 mins, walk 2 mins x 3. Total 27 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 8 mins, walk 2 mins x 3. Total 30 mins
- Day 7:** Rest

