

# WEEK

# 14

# IMPROVER



## TRAINING PLAN

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# IMPROVER

## Welcome to Week 14

Welcome to Week 14 of your 2016 Vhi Women's Mini Marathon plan. You did your first 10km run last week so this week we will aim for you to do a run of 8km concentrating on the pace rather than distance. We will then aim for you to do your last 10km training run in week 15.



### Warm Up

Continue with your regular warm up routine – I'd suggest a 5-minute brisk walk/slow jog or a 3-5 minute on the spot warm-up - high knees, fast fit, hip flexor rotations etc.



### Pace

Aim for your race day pace on the 8km long run this week and keep it consistent. There is always a temptation to start a run quickly and this is a mistake many people make at races such as the Vhi Women's Mini Marathon. However, consistency is 'key' and learning to start and finish a run at a consistent pace is a great way of ensuring you perform at your best, every time you lace up your runners.



### Tip of the Week

Beware of running fads: One of the reasons I love running is that all you really need is a good pair of trainers. Of course there are plenty of things out there targeting runners – compression socks, headbands, expensive running gear etc. – and if you want to splash out on a few new items then go for it. However nothing will impact your performance more than good, consistent training and if you have put the work in over the past few months you can be confident that you will have a great run on June 6th. For a distance of 10km you don't need energy gels, energy bars or sugary drinks. A good breakfast, water and plenty of rest the days beforehand and you are good to go. Check out David's advice for good breakfast options that work well for runners. Enjoy your training this week and remember, you don't have long to go until race day!



### 7 Day Training Plan

- Day 1:** Run 7km
- Day 2:** Rest
- Day 3:** Run 40 mins – include 5-10 x 100 metre sprints – gradually build from easy pace to maximum effort. Make sure to run for at least 10 minutes before introducing sprints
- Day 4:** Rest
- Day 5:** Run 8 km – race day pace
- Day 6:** Rest
- Day 7:** Cycle/swim/walk



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