

WEEK 04 BEGINNER



TRAINING PLAN

By Louise Heraghty

BEGINNER

Welcome to Week 4

By the end of the week, you will be running for 6 minute periods. You will be working out for up to 35 minutes including warm up and should be covering a distance of around 3.5 to 4 km, but it is important to concentrate on time not distance at this stage.



Warm Up

Continue doing a 5 minute walk at an easy pace to warm up before each session. 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 is 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. If you need a longer recovery walk, don't hesitate to take it.



Cross Training

Now that you are jogging regularly up to four 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 4 mins, walk 2 mins x 5. Total 30 mins
- Day 2:** Rest
- Day 3:** Run 5 mins, walk 2 mins x 4. Total 28 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 6 mins, walk 2 mins x 4. Total 32 mins
- Day 7:** Rest

