



Joggers

Training Plan 12 Weeks / 10km

Week	Monday Recovery	Tuesday	Wednesday Time Based/Intervals	Thursday	Friday Intervals	Saturday	Sunday Distance
1	25 mins Walk	Rest	12 mins Jog	Rest	5 mins Walk warm-up 15 mins alternating between 1 min Jog & 1 min Walk	Rest	2km Jog
2	25 mins Walk	Rest	15 mins Jog	Rest	5 mins Walk warm-up 20 mins alternating between 1 min Jog & 1 min Walk	Rest	3.5km Jog
3	30 mins Walk	Rest	20 mins Jog	Rest	5 mins Walk warm-up 25 mins alternating between 1 min Jog & 1 min Walk	Rest	4.5km Jog
4	35 mins Walk	Rest	25 mins Jog	Rest	5 mins Walk warm-up 30 mins alternating between 1 min Jog & 1 min Walk	Rest	6km Jog
5	35 mins Walk	Rest	10 mins Jog warm-up 6 x 2 mins fast Jog 1 min Walk between each	Rest	5 mins Walk warm-up 35 mins alternating between 1 min Jog & 1 min Walk	Rest	7.5km Jog
6 (recovery week)	40 mins Walk	Rest	30 mins Jog	Rest	5 mins Walk warm-up 20 mins alternating between 1 min Jog & 1 min Walk	Rest	4km Jog



Enter online at vhiwomensminimarathon.ie



Women's
Mini
Marathon



Joggers

Training Plan

12 Weeks / 10km

Week	Monday Recovery	Tuesday	Wednesday Time Based/Intervals	Thursday	Friday Intervals	Saturday	Sunday Distance
7	45 mins Walk	Rest	10 mins Jog warm-up 7 x 2 mins fast Jog 1 min Walk between each	Rest	10 mins Walk warm-up 12 mins alternating between 20 secs fast Jog & 40 secs slower pace	Rest	8km Jog
8	45 mins Walk	Rest	10 mins Jog warm-up 8 x 2 mins fast Jog 1 min Walk between each	Rest	10 mins Walk warm-up 15 mins alternating between 20 secs fast Jog & 40 secs slower pace	Rest	9km Jog
9	50 mins Walk	Rest	10 mins Jog warm-up 10 x 2 mins fast Jog 1 min Walk between each	Rest	10 mins Walk warm-up 15 mins alternating between 30 secs fast Jog & 30 secs slower pace	Rest	9.5km Jog
10	50 mins Walk	Rest	50 mins Jog	Rest	10 mins Walk warm-up 18 mins alternating between 30 secs fast Jog & 30 secs slower pace	Rest	10km Jog
11	40 mins Walk	Rest	45 mins Jog	Rest	10 mins Walk warm-up 20 mins alternating between 30 secs fast Jog & 30 secs slower pace	9km Jog	Rest
12 (recovery week)	40 mins Walk	7km Jog	Rest	40 mins Jog	Rest	35 mins light Walk	Race Day June 2 @12.30



Enter online at vhiwomensminimarathon.ie