

# WEEK

# 10

# IMPROVER



## TRAINING PLAN

By Louise Heraghty

# IMPROVER

## Welcome to Week 10

Welcome to Week 10, as you are a regular runner now the last few weeks are just about tweaking your training and not overdoing it as you don't want to get injured.



### Warm Up

Begin with a 3-5 minute warm up before each session. Start each session with a slow paced jog if you are able for it. Alternatively, do a brisk walk with some arm swings forward and backwards to warm up the upper body. You can also do a few side skips and front skips to prepare your muscles for the session ahead.



### Pace

As you'll be doing your first 10km run, keep the pace as manageable as you need it to be. After you complete it, you can decide what goal you would like to target for race day. The other runs can be at a slightly faster pace.



### Cross Training

As the race gets closer, any cross training will help but in particular you could concentrate on one or two flexibility classes per week i.e. Yoga or Pilates – this will help stretch your muscles and prepare for the long run. Resistance or weighted exercise will also benefit but you don't need to overdo it.



### 7 Day Training Plan

- Day 1:** Run 45 mins – moderate pace
- Day 2:** Rest
- Day 3:** Run 6km – race pace
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 10km – easy pace
- Day 7:** Rest