

WEEK

10

WALKER



TRAINING PLAN

By Louise Heraghty

WALKER

Welcome to Week 10

Welcome to Week 10 of your training plan. You are on the home stretch now and should be feeling fit and confident with just 4 weeks to go to the big event. As this programme is suitable for all walkers, you will now be aiming for distance on the long sessions rather than time (as the time it takes you to cover the Vhi Women's Mini Marathon will vary from person to person of course).



Warm Up

At this stage you will be familiar with what warm up works best for you. Begin with either a few on-the-spot exercises or just ease into a slow walk before starting your race pace.



Pace

You are now in a rhythm of regular walking, so should be sticking to a consistent pace on the midweek walks - building up a sweat but able to hold a conversation. Take it as easy as you need to on the long mileage building walk.



Cross Training

With the weeks counting down, there is less emphasis on other forms of exercise; just make sure you get your walking in. Anything after that is a bonus, but as always swimming, cycling, aerobics or any form of flexibility will always help improve fitness and only add to your training experience.



7 Day Training Plan

- Day 1:** 45 min walk
- Day 2:** Rest
- Day 3:** 50 min walk
- Day 4:** Rest
- Day 5:** 50 min walk
- Day 6:** Rest or cross train
- Day 7:** 7k walk or 1 hour 20 mins walk