

# WEEK

# 13

# BEGINNER



**TRAINING PLAN**

By Louise Heraghty

# BEGINNER

## Welcome to Week 13

Welcome to Week 13. You will reach a milestone and run 10km by the end of the week. Just concentrate on getting through it comfortably, your months of consistent training will have paid off so you should have no problem. Think of it as a practice run for June 5th and perhaps wear the gear you plan on wearing during the event to ensure you feel comfortable.



### Warm Up

Don't neglect your warm up, jog on the spot and move your upper body. Just make sure you are warm enough and your heart rate is up before you start jogging. There will be a bit of waiting around at the start line on race day so you will have perfected your warmup and be ready to go.



### Pace

Take as long as you need for the 10km run, if you are feeling confident then try to go at race pace or as close to it as possible but the main goal is to cover the distance. You can push a little harder on the shorter mid week runs.



### Cross Training

As the days to the Vhi Women's Mini Marathon count down, rest and recovery will become more important. When there is no training scheduled try to relax or practice stretching and flexibility work.



### 7 Day Training Plan

- Day 1: Run 30 mins
- Day 2: Rest
- Day 3: Run 30 mins
- Day 4: Rest
- Day 5: Rest or cross train
- Day 6: Run 10km or 60 mins
- Day 7: Rest