

WEEK 07 IMPROVER



TRAINING PLAN

By Louise Heraghty

IMPROVER

Welcome to Week 7

You're already halfway there so well done! Now that you're regularly training, it's a good time to start setting mini goals and targeting distance, so this week we've included a 7km run for your long session. If you prefer to work by time, you can do 50 minutes for your long run. Take it at an easy pace as you should be more concerned with building mileage for now. You've also got hills this week. Just pick a route that you know has some inclines and even by slowly running up the hill, you'll help increase pace and fitness. Alternatively pick a small hill and sprint up it as fast as you can, walking back down. Repeat 4/5 times and you'll really see a difference in speed and cardio fitness.



Warm Up

Begin with a 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

Keep a moderate pace on the mid week runs and for 7km or 50 minutes take it a little easier for now. You can concentrate on running at race pace when you get used to longer runs.



Cross Training

Any form of resistance training or doing your own weights in the gym will really strengthen your legs and help you achieve a faster Mini Marathon time. You can even do some bodyweight strength exercises like squats, lunges and press ups at home or after your run. Otherwise any form of cardio like swimming, cycling, aerobics will certainly have a positive effect on your running.



7 Day Training Plan

- Day 1:** Run 40 mins – easy to moderate pace
- Day 2:** Rest
- Day 3:** Run 40 mins – including hill inclines/hill sprints
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 7km or 50 mins – easy pace
- Day 7:** Rest