

# WEEK 07 WALKER



**TRAINING PLAN**

By Louise Heraghty

# WALKER

## Welcome to Week 7

Welcome to Week 7 of your training plan and congratulations on reaching the halfway mark. You should now be feeling fitter and more confident as you build up to almost an hour of walking. The midweek walks have increased to 45 minutes and the long session is 55 minutes.



### Warm Up

Now that the walks are getting longer, you can warm up on the spot or before you leave the house by marching on the spot and doing some arm swings, jumping jacks or whatever it takes to get your heart rate up and set for the session.



### Pace

If you are sticking to the plan, you should find these extra 5 minutes manageable. If you do struggle, just pull the pace back a little on the longer walk. Otherwise go for it, you are now well on your way and almost up to the 1 hour mark!



### Cross Training

Cross Training is an option if you would like to improve your overall fitness; it will also benefit your overall Vhi Women's Mini Marathon experience and can help keep things interesting. The cross training day can involve anything from cycling to swimming - anything that will help increase your cardiovascular capability. It would be advisable to include one or more flexibility workouts i.e. Yoga or Pilates.



### 7 Day Training Plan

- Day 1: 45 min walk
- Day 2: Rest
- Day 3: 45 min walk
- Day 4: Rest
- Day 5: 45 min walk
- Day 6: Rest or cross train
- Day 7: 55 min walk