

WEEK

08

BEGINNER



TRAINING PLAN

By Louise Heraghty

BEGINNER

Welcome to Week 8

Welcome to Week 8. With 6 weeks to go you should really be getting into a rhythm of regular running and can start to set goals for Monday June 5th. Your longest interval now is 15 minutes and you'll be running for a total of 44 minutes for the last session so make sure to take as much recovery time as you need, the 2 minutes is just a guide.



Warm Up

Continue with your warm up walk of 3-5 minutes, as the sessions get longer you could always warm up on the spot with some jogging, high knees, jumping jacks or even grab a skipping rope; anything that gets your muscles and joints moving and raises your heart rate.



Pace

Remember to maintain a comfortable pace and avoid starting off too fast. Remember, you should be able to hold a conversation comfortably, without being too out of breath. Again, take the recovery walks and increase them where needed.



Cross Training

Don't forget to rest and recover, but you can still include other types of fitness into your routine. Continue with swimming/cycling/flexibility exercises or even leisurely walking to compliment your training.



7 Day Training Plan

- Day 1:** Run 12 mins, walk 2 mins x 2. Run 14 mins. Total 42 mins
- Day 2:** Rest
- Day 3:** Run 14 mins, walk 2 mins x 2. Total 32 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 15 mins, walk 2 mins x 2. Run 10 mins. Total 44 mins
- Day 7:** Rest