

WEEK 09 BEGINNER



TRAINING PLAN

By Louise Heraghty

BEGINNER

Welcome to Week 9

Welcome to Week 9. With 5 weeks to go, the training now steps up a gear. Your body should be well used to jogging, so don't feel intimidated by the durations just make sure to take as much time as you need on your recovery walks. You'll be running 20 minutes, 25 minutes and finally 30 on the long run. From next week, we will be talking about distance as well as time, so if you do have an app or watch that can track your activity it would be a great time to start using it.



Warm Up

Continue with your warm up walk of 3-5 minutes. Now that you are running for up to 30 minutes it is especially important to have the muscles and joints prepared for the workout so spend as much time as you need to with your arm swings, shoulder rolls etc.



Pace

Keep your pace as manageable as possible or you may find it difficult to cover the 30 minutes. There is always a tendency to start off too fast so keep an eye on your watch and aim to maintain a steady pace e.g. 6 or 7 minutes per km (or whatever you are able to maintain).



Cross Training

Don't forget to rest and recover and as you are now running for longer durations, the cross training can take a bit of a back seat - if you don't manage to include extra activities, it's fine. However, if you can fit in a resistance or flexibility class on any of the rest days, it will help improve your fitness and build strength as we approach June 5th.



7 Day Training Plan

- Day 1:** Run 20 mins, walk 3 mins, run 10 mins. Total 33 mins
- Day 2:** Rest
- Day 3:** Run 25 mins, walk 3 mins, run 10 mins. Total 38 mins
- Day 4:** Rest
- Day 5:** Rest or cross train
- Day 6:** Run 30 mins. Total 30 mins
- Day 7:** Rest