

WEEK 09 WALKER



TRAINING PLAN

By Louise Heraghty

WALKER

Welcome to Week 9

Welcome to Week 9 of your training plan. You will reach the 70 minute (1 hour 10) mark on your long walk this week. Like Week 8, the midweek walks are the same duration – 45 minutes as the emphasis is still on regular exercise and longer weekend walks.



Warm Up

Do whatever warm up works for you - either a short slow walk or some on-the-spot exercises to get the muscles moving. Try marching or jogging on the spot. Swing your arms forward and back, do a few jump jacks; just make sure you are warm and ready to get moving!



Pace

Try to pick up the pace slightly on the midweek walks, as you should now be well used to 45 minutes of exercise and you should be able to hold a conversation, but still build up a sweat. For the long one hour walk concentrate on covering the 70 minutes at a manageable pace.



Cross Training

Cross Training is an option if you would like to improve your overall fitness; it will also benefit your overall 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 cardio vascular 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: 70 min walk