

# WEEK

# 01

# BEGINNER



## TRAINING PLAN

By Louise Heraghty

# BEGINNER

## Week 1: Welcome to the first step in your journey to the 2017 Vhi Women's Mini Marathon!

This programme is aimed at anyone who is just starting out running (perhaps recently completed a couch to 5k plan or can jog slowly for 10-20 minutes) and wants to set a goal to complete 10km in 14 weeks. It may seem a little overwhelming but it is certainly an achievable task if you follow the plan and commit to running at least 3 times per week. The key is to start off slow and steady, by taking each step as it comes you will be ready and all set for the big day on June 5th. For the first few weeks we will concentrate on running duration rather than distance.

Note you should be able to walk comfortably for 60 minutes before starting this programme. Obviously you don't have to stick to the specific days but it is important to have recovery days in between training.



### Warm Up

Start each workout with a 5 minute walk to warm up the muscles and prevent injury. After each session cool down by walking for 3-5 minutes followed by stretching. The cross training is optional but it's always good to do non impact exercises like swimming and cycling to improve your overall fitness.



### Pace

The run pace can be as slow as you need it to be just get into the rhythm of jogging and you will soon find your pace. You should be able to hold a conversation comfortably, so not too out of breath. Some beginners find it tough to control their breathing so try not to think about it too much. I would recommend breathing in through the nose and out through the mouth but this technique is not for everyone. If you feel too out of breath then try taking deep breaths in and out through your mouth.



### Cross Training

The cross training day can involve anything from cycling to walking or even hill climbing. Anything that will help improve your overall fitness and 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: Run 1 min, walk 2 mins x 8. Total 24 mins
- Day 2: Rest
- Day 3: Run 1 min, walk 2 mins x 7. Total 21 mins
- Day 4: Rest
- Day 5: Rest or cross train
- Day 6: Run 2 mins, walk 2 mins x 6. Total 24 mins
- Day 7: Rest

