

# WEEK

# 01

# WALKER



## TRAINING PLAN

By Louise Heraghty

# WALKER

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

This programme is aimed at those who want to be able to walk the 10km Vhi Women's Mini Marathon at a manageable pace. It is designed to improve your cardio fitness by training regularly and gradually increasing the duration of your weekly walks. Even if you have taken part in the event before, following a plan will help you to set a goal and to keep you motivated and committed. The plan is for complete beginners who may or may not already be active but who have clearance from their GP to exercise. If you find any week difficult, repeat that week rather than adding more time until you are able to progress comfortably.

There are 4 walks this week to kick start your plan and to get you used to regular exercise. Feel free to continue with any other forms of exercises that you take part in like cycling, swimming or going to the gym etc as this will compliment rather than impede your progress. The pace is easy to moderate which means that you are able to hold a conversation but should have built up a sweat by the end of the walk.



### Pace

Easy pace means you are able to hold a conversation but should build up a sweat by the end of the walk (as brisk as you can manage).



### Cross Training

Items listed on the cross training day are just a suggestion. Pick any activity that will help improve your overall fitness and increase your cardio vascular capability. Listen to your body and see how much energy you have after the three days of training. 30 minutes of swimming or other forms of exercise such as using cardio machines in the gym/spinning class/aerobics class is more than enough on a cross training day. If you are cycling increase the time to 45 minutes. This is not a hard training day so the intensity levels should be light – a gentle swim or relaxing flexibility class like yoga or Pilates will work well.



### 7 Day Training Plan

- Day 1:** 20 mins walk - easy to moderate pace
- Day 2:** Rest day
- Day 3:** 20 mins walk - easy to moderate pace
- Day 4:** Rest day
- Day 5:** 20 mins walk - easy to moderate pace
- Day 6:** Rest or cross train
- Day 7:** 25 mins walk - easy to moderate pace

Enter online at [vhiwomensminimarathon.ie](http://vhiwomensminimarathon.ie)