WEEK

02

BEGINNER

Vhi Women's Mini Marathon

TRAINING PLAN

By **Louise Heraghty**

BEGINNER

Welcome to Week 2

After week one your body should be getting used to jogging intervals. This week sees a gradual increase in the duration. It is still early days in the programme so don't be discouraged if you cannot reach the maximum amount of running set for each day but please do try to stick to it as best you can and try not to miss a session.

Warm Up

Start with a 5 minute walk. While you are walking introduce some arm swings forward and backwards to warm up the upper body. Also do a few side skips and front skips. Don't forget the cool down walk and stretches.

Pace

Remember, you should be able to hold a conversation comfortably, without being 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 your nose and out through your 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

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 or allocate an hour for walking. This is not a hard training day so the intensity levels should be light – a gentle swim, or a comfortable walk or relaxing flexibility class like Yoga or Pilates will work well.

7 Day Training Plan

Day 1: **Run 2 mins, walk 2 mins x 6.** Total 24 mins
Day 2: **Rest**
Day 3: **Run 3 mins, walk 2 mins x 5.** Total 25 mins
Day 4: **Rest**
Day 5: **Rest or cross train**
Day 6: **Run 3 mins, walk 2 mins x 6.** Total 30 mins
Day 7: **Rest**

EHTrainBegWk2

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