

WEEK 04 WALKER



TRAINING PLAN

By Louise Heraghty

WALKER

Welcome to Week 4

Now that you have been exercising for a month, you should really be feeling the benefits of regular training. This week we will be aiming for a 40 minute session by the end of the week.



Warm Up

Start each workout with a 5 minute walk to warm up your muscles and joints, to increase your heart rate and to help prevent injury. This should be at an easy pace and not as brisk as the main phase of the workout. Warm up the head and neck muscles by looking left and right, up and down and stretching your ear down towards your shoulder on each side. You can warm up your arms and shoulders by including some forward and backward arm circles as you walk.



Pace

You should concentrate on slightly increasing your pace to a moderate walk – enough to build up a good sweat. The longer 40 minute walk can be at an easier pace if necessary.



Cross Training

Cross training is an option if you would like to improve your overall fitness; it will also benefit your overall Vhi Women's 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 cardiovascular capability. It would be advisable to include one or more flexibility workouts i.e. Yoga or Pilates.



7 Day Training Plan

- Day 1:** 30 min walk
- Day 2:** Rest
- Day 3:** 30 min walk
- Day 4:** Rest
- Day 5:** 30 min walk
- Day 6:** Rest or cross train
- Day 7:** 40 min walk