

A woman with dark hair tied back, wearing a teal tank top and dark shorts, is running away from the camera on a dirt path. The background is a lush green forest with sunlight filtering through the trees.

# Training plan weeks 1-8 Jogger

Mayo.ie

Western People

Women's

Mini Marathon



# Week 1 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 20mins (jog 3mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 20mins (jog 3mins walk 1min)
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog/walk for 20mins (jog 3mins walk 1min)
Sunday	Rest

# Week 2 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 23mins (jog 3mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 23mins (jog 3mins walk 1min)
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog/walk for 23mins (jog 3mins walk 1min)
Sunday	Rest



# Week 3 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 25mins (jog 4mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 25mins (jog 4mins walk 1min)
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog/walk for 25mins (jog 4mins walk 1min)
Sunday	Rest

# Week 4 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 24mins (jog 5mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 24mins (jog 5mins walk 1min)
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog/walk for 24mins (jog 5mins walk 1min)
Sunday	Rest

# Week 5 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 30mins (jog 5mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 30mins (jog 5mins walk 1min)
Thursday	Rest
Friday	40 mins Cross-training
Saturday	Jog/walk for 30mins (jog 5mins walk 1min)
Sunday	Rest

# Week 6 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 36mins (jog 5mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 36mins (jog 5mins walk 1min)
Thursday	Rest
Friday	40 mins Cross-training
Saturday	Jog/walk for 40mins (jog 7mins walk 1min)
Sunday	Rest



# Week 7 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 40mins (jog 7mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 40mins (jog 7mins walk 1min)
Thursday	Rest
Friday	45 mins Cross-training
Saturday	Jog/walk for 40mins (jog 7mins walk 1min)
Sunday	Rest



# Week 8 Jogger



*Start every workout with a 5min warm up, a brisk walk or light jog and end with a 5min cool down followed by a few stretches.*



*2) Concentrate on time rather than distance, don't be afraid of taking walking breaks but try to keep them under a minute a time. Start slow and try to finish strong.*



*3) Cross-training should be easy days and a good way to add fitness with keeping running mileage down. Examples include swimming, cycling, elliptical trainer or other forms of aerobic training.*

Day	Action
Monday	Jog/walk for 45mins (jog 14mins walk 1min)
Tuesday	Rest
Wednesday	Jog/walk for 45mins (jog 14mins walk 1min)
Thursday	Rest
Friday	Jog/walk for 30mins (jog 14mins walk 1min)
Saturday	Jog/walk for 50mins (jog 9mins walk 1min)
Sunday	Rest