



Training plan weeks 1-8 Runner

Mayo.ie

Western People

Women's

Mini Marathon



Week 1 Runner



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.



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.



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 for 20mins
Tuesday	Rest
Wednesday	Jog for 20mins
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog for 20mins
Sunday	Rest

Week 2 Runner



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.



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.



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 for 22mins
Tuesday	Rest
Wednesday	Jog for 22mins
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog for 22mins
Sunday	Rest

Week 3 Runner



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.



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.



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 for 25mins
Tuesday	Rest
Wednesday	Jog for 25mins
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog for 25mins
Sunday	Rest

Week 4 Runner



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.



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.



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 for 26mins
Tuesday	Rest
Wednesday	Jog for 26mins
Thursday	Rest
Friday	30 mins Cross-training
Saturday	Jog for 26mins
Sunday	Rest

Week 5 Runner



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.



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.



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 for 30mins
Tuesday	Rest
Wednesday	Jog for 30mins
Thursday	Rest
Friday	40 mins Cross-training
Saturday	Jog for 35mins
Sunday	Rest

Week 6 Runner



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.



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.



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 for 35mins
Tuesday	Rest
Wednesday	Jog for 35mins
Thursday	Rest
Friday	40 mins Cross-training
Saturday	Jog for 40mins
Sunday	Rest

Week 7 Runner



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.



This week we will take the long run up to 50mins to build mileage.



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 for 40mins
Tuesday	Rest
Wednesday	Jog for 40mins
Thursday	Rest
Friday	45 mins Cross-training
Saturday	Jog for 50mins
Sunday	Rest

Week 8 Runner



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.



This week we will take the long run up to 50mins to build mileage.



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 for 50mins
Tuesday	Rest
Wednesday	Jog for 50mins
Thursday	Rest
Friday	40 minute Tempo runs
Saturday	Jog for 70mins
Sunday	Rest