

## Hope and Dream 10 mile Road Race.

# Training Plan

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*Some practical advice before you start this training programme:*

- **Set a Goal** - Enter 10 mile road race, Enniscorthy on 1<sup>st</sup> April 2012
- **Health Check**- if you haven't been to the doctor in a while, book an appointment for a quick health check to make sure the ticker is in fine working order.
- **Running Shoes/Sports Watch** – Invest in a pair of quality running shoes to prevent impact injuries while running/walking on the roads and footpaths. Buy sports watch to keep track of time when you are exercising.
- **Recruit a Running Buddy** – Having someone to run/ walk with can help motivate and encourage you to keep going during the cold winter months.
- **Keep a Diary** – Keep a diary and log what you are doing as this can help motivate and inspire you. Calculate the distance mls/km you have covered each week and draw a graph of your progress. Put this graph in a place where you can see it on a regular basis, Ex: On the Fridge.
- **Flexibility** – Learn proper stretching exercises. Flexibility will help prevent injuries and post workout muscle soreness. Check out [www.sport-fitness-advisor.com](http://www.sport-fitness-advisor.com) for a range of exercises that will help you keep flexible.
- **Cross train** – If you get bored easily with running/ jogging/walking then change the type of exercises you do. Try swimming, cycling, hill walking or some other exercise you enjoy to add to this programme. But if you are to complete a 10 mile course around Enniscorthy on foot, then the most of your training need to be on foot.

## Week 1:

### Beginner Runner (take a rest day after each day's exercising)

Day 1 (Mon)	Day 2(Wed)	Day 3(Fri/Sat/Sun)
<ul style="list-style-type: none"><li>• Stretch</li><li>• 10 min walk</li><li>• 2 min jog</li><li>• 10 min walk</li><li>• Stretch</li></ul>	<ul style="list-style-type: none"><li>• Stretch</li><li>• 15 min walk</li><li>• 2 min jog</li><li>• 10 min walk</li><li>• 2 min jog</li><li>• Stretch</li></ul>	<ul style="list-style-type: none"><li>• Stretch</li><li>• 15 min walk</li><li>• 2 min jog</li><li>• 15 min walk</li><li>• Stretch</li></ul>

## **Week 1**

### **Intermediate Jogger/Runner (Take a rest day after each day's exercising)**

<b>Day 1 (Mon)</b>	<b>Day 2(Wed)</b>	<b>Day 3(Fri/Sat/Sun)</b>
<ul style="list-style-type: none"><li>• Stretch</li><li>• 5 min walk/jog</li><li>• 10 min run</li><li>• 5 min walk/jog</li><li>• 10 min run</li><li>• Stretch</li></ul>	<ul style="list-style-type: none"><li>• Stretch</li><li>• 5 min jog</li><li>• 15 min run</li><li>• 5 min walk/jog</li><li>• 10 min run</li><li>Stretch</li></ul>	<ul style="list-style-type: none"><li>• Stretch</li><li>• 5 min jog</li><li>• 10 min run</li><li>• 5 min jog</li><li>• 10 min run</li><li>• Stretch</li></ul>

**Walk = Medium to fast walk**

**Jog = Move at a low rate of intensity/speed**

**Run= Move at an medium rate of intensity /speed**

Enjoy,

Gerry McQuaid

Wexford Camogie Trainer

All Ireland Champions 2010/2011