

Hope and Dreams 10 mile Road Race.

Training Plan

Week 2:

- **Beginner Runner/Jogger (take a rest day after each day's exercising)**

Stretch Before and After Exercise

Day 1 (Mon)	Day 2 (Wed)	Day 3 (Fri/Sat/Sun)
<ul style="list-style-type: none">• 10 min walk• 2 min jog• 10 min walk• 1 min jog• 10 min walk	<ul style="list-style-type: none">• 15 min walk• 1 min jog• 10 min walk• 2 min jog• 5 min walk	<ul style="list-style-type: none">• 15 min walk• 1 min jog• 10 min walk• 2 min jog• 5 min walk• 1 min jog
Total 33 mins	Total 33 mins	Total 34 mins

Week 2

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

Stretch Before and After Exercise

Day 1 (Mon)	Day 2 (Wed)	Day 3 (Fri/Sat/Sun)
<ul style="list-style-type: none">• 5 min jog• 15 min run• 10 min jog• 5 min walk/jog• 10 min run	<ul style="list-style-type: none">• 15 min jog• Fartlek * 3 x 2mins run(on) 3mins jog(off)• 10 min jog	<ul style="list-style-type: none">• 10 min jog• 20 min run• 5 min jog
Total 35 mins	Total 35 mins	Total 35 mins

***Fartlek** is a Swedish word which means speed play. Fartlek training prepares a runner to handle the uneven paces of a race. In a race, runners usually run fast, then slower, then fast again. The workout above replicates what happens in a race as variations in pace/intensity are due to the terrain, and the race itself. So in this workout you will run 2 mins at an **increased intensity**(on) and jog 3 mins at a **reduced intensity**(off, recovery), you will do this 3 times. Do not over run the first 2 mins as you'll suffer on the final one.

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