

MINI MARATHON Training Schedules

- 1) It is essential for your training progress not to train on consecutive days. By having a day off your muscles will recover more easily and aches and pains will be minimized.
- 2) Do not over-do the pace of your run as we are inclined to get carried away as fitness level increases.
- 3) Do not over-do the pace of your run as we are inclined to get carried away as fitness level increases.
- 4) Run/Jog on grass if possible, as this helps to cushion the impact.
- 5) Make sure you have a good pair of running shoes and if necessary add heel pads for extra protection, to avoid discomfort in the lower back, ankles, knees or feet.
- 6) It is important to warm-up in your tracksuit with a walk or jog and stretch to loosen joints and muscles, and then start your training at a slow pace initially.

Schedule 1 - Walkers

Day 1: Walk 25 mins. (moderate pace).

Day 2: As for Day 1 or alternative day's exercise, i.e. aerobics, swimming, cycling, team games etc.

Day 3: Walk 30 mins. (slightly faster than Day 1).

Schedule 2 - Runners/Beginners

Day 1: Walk 10 mins./stretch 5 mins. (warm-up); Jog 10 mins. easy pace; walk/stretch 10 mins.(cool-down).

Day 2: As for Day 1 or alternative day's exercise.

Day 3: Walk 10 mins./stretch 5 mins. (warm-up); Jog 15 mins., (slightly faster than Day 1) walk/stretch 10 mins. (cool-down).

Schedule 3 - Runners/Reasonably Fit

Day 1: Walk/Jog 5 mins./stretch 5 mins. (warm-up); Jog 25 mins., walk/stretch 5 mins. (cool-down).

Day 2: As for Day 1.

Day 3: Walk/Jog 5 mins./stretch 5 mins. (warm-up) Jog 25 mins., (slightly faster pace than Day 1); walk/stretch 5 mins. (cool-down).

Week 1

Schedule 1 (Walkers)

Day 1: Walk 20 mins; (moderate pace).

Day 2: Alternative day's exercise, i.e. aerobics, cycling, swimming, team games etc.

Day 3: Walk 20 mins.(relaxed pace, preferably with group or friend).

Schedule 2 (Runners - Beginners)

Day 1: Walk 10 mins., stretch 5 mins., (warm-up); Jog 5 mins., walk 20 mins. (warm-down).

Day 2: Alternative day's exercise, i.e. aerobics, cycling, swimming, team games etc., or as Day 1.

Day 3: Walk 10 mins; Stretch 5 mins., (warm-up); Jog 10 mins., walk 5 mins.(warm-down).

Schedule 3 (Runners - Reasonably Fit)

Day 1: Walk 5 mins., stretch 5 mins. (warm-up); Jog 15 mins., walk 5 mins., (warm-down).

Day 2: As for Day 1.

Day 3: Walk 5 mins., stretch 5 mins., (warm-up); Jog 20 mins., walk 5 mins.,(warm-down).

Week 2

Lets hope the adrenalin has started to flow after the first week of our schedule, and will give you the impetus to enter this fun and fitness regime, which will change your lifestyle for the better. You may have experienced minor aches and pains in the muscles and joints if you have not exercised for a long time, but dont worry these will disappear if you follow this gradual approach to fitness.

Probably the best approach to adopt is to find a friend to accompany you or recruit members of your family and head to the nearest park, where a jog or walk will bring its own reward. There are also numerous Meet & Train Groups around the country looking for new members and you will be made very welcome by them. All you need is a decent pair of shoes and track suit and you are ready to go. The rapport you develop and the chat before, during and afterwards, can become a very enjoyable part of the routine. Be careful not to overdo the pace and stay comfortable as this is a thirteen week programme designed to speed up gradually, as the muscles adjust to the stress placed upon them. Rain gear is also essential as the weather is still unpredictable, and stay as warm as possible to avoid injury and colds.

Schedule 1 - Walkers

- Day 1 Walk 20 mins., (moderate pace).
- Day 2 Alternative day's exercise, ie aerobics, cycling, swimming, team games etc.
or as Day 1
- Day 3 Walk 25 mins., (relaxed pace, preferably with group or friend).

Schedule 2 - Runners (Beginners)

- Day 1 Walk 10 mins., stretch 5 mins., (warm-up); Jog 10 mins., Walk 10 mins. (cool-down).
- Day 2 As for Day 1 or alternative day's exercise, as above.
- Day 3 Walk 10 mins., stretch 5 mins. (w-u), Jog 10 mins., Walk 5 mins., (cool-down).

Schedule 3 - Running (Reasonably Fit)

- Day 1 Walk 5 mins., stretch 5 mins., (w-u); Jog 20 mins., Walk 5 mins. (cool-down).
- Day 2 As for Day 1.
- Day 3 Walk 5 mins., stretch 5 mins., (w-u); Jog 25 mins., Walk 5 mins., (cool-down).

Week 3

- 1) Every runner/walker has an unique style of movement, with some being more fluent than others.
 - 2) We can improve what nature has given us by developing a relaxed style in particular in the shoulders, neck and facial area.
 - 3) By keeping as smooth as possible we avoid freezing up and jarring the whole body structure.
 - 4) Finish each session with enough energy to be able to carry on for another few minutes and do not end up gasping for breath.
 - 5) Establish a regular pattern in your warm-up by walking or jogging for 5/10 mins., Followed by stretching exercises for another 5 mins.
 - 6) This is especially important in this cold spell, as you can more easily pull a muscle.
 - 7) Remember to cool down afterwards using the same formula as in the warm-up.
 - 8) Dehydration can hasten tiredness and exhaustion so sip water before and after training.
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Schedule 1 (Walkers)

Day 1: Walk 25 mins. (moderate pace).

Day 2: As for Day 1, or alternative day's exercise i.e. aerobics; cycling; swimming; team games etc.

Day 3: Walk 25 mins. (slightly faster than Day 1 - preferably with a friend or group).

Schedule 2 (Runners - Beginners)

Day 1: Walk 10 mins., stretch 5 mins.(warm-up); Jog 10 mins., walk/stretch 5/10 mins. (cooldown).

Day 2: Alternative day's exercise i.e. aerobics; cycling; swimming; team games etc.

Day 3: Walk 10 mins., stretch 5/10 mins., Jog 10 mins. (slightly faster pace than Day 1) walk/stretch 10 mins. (cool down).

Schedule 3 (Runners - Reasonably Fit)

Day 1: Walk/Jog 5 mins. & stretch 5 mins. (warm-up); Jog 20 mins., walk/stretch 5/10 mins. (cool down).

Day 2: As for Day 1.

Day 3: Walk/Jog 5 mins. & stretch 5 mins. (warm-up); Jog 25 mins., walk/stretch 5/10 mins. (cool down).

Week 4

It is essential, for the progress of these schedules, not to train on consecutive days. A day off in between will help muscle recovery and see you come up fresh and eager to carry on to the next phase.

To minimise aches and pains over the next few weeks be careful not to overdo the pace, as we can get a bit carried away, as fitness level increases. We are fortunate in Ireland to have many parks and grassy areas within easy reach. Many athletes find running on grass a little uncomfortable at first, since it tends to be a little bumpy and less even than a road surface. The best way to avoid injury however, is to run on a surface with a little bit of give, and to wear a good pair of running shoes. Initially, the lower back, knees, ankles and feet are the areas that suffer most, but you can add heel pads to your shoes if you feel you need extra protection. It is also important to walk or jog slowly for 5/10 minutes in a track suit and stretch for the same length of time, before you start. Warm up your joints by easing gently through their full range of movement. This lubricates the muscles and joints, so that you flow more freely during strenuous exercise. Leave the long walk or run to the weekend, when it may be easier to link up with a local group.

Schedule 1 - Walkers

Day 1: Walk 25 mins. (moderate pace).

Day 2: As for Day 1 or alternative day's exercise, i.e. aerobics, swimming, cycling, team games etc.

Day 3: Walk 30 mins. (slightly faster than Day 1).

Schedule 2 - Runners/Beginners

Day 1: Walk 10 mins./stretch 5 mins. (warm-up); Jog 10 mins. easy pace; walk/stretch 10 mins.(cool-down).

Day 2: As for Day 1 or alternative day's exercise.

Day 3: Walk 10 mins./stretch 5 mins. (warm-up); Jog 15 mins., (slightly faster than Day 1) walk/stretch 10 mins. (cool-down).

Schedule 3 - Runners/Reasonably Fit

Day 1: Walk/Jog 5 mins/stretch 5 mins. (warm-up); Jog 25 mins., walk/stretch 5 mins. (cool-down).

Day 2: As for Day 1.

Day 3: Walk/Jog 5 mins./stretch 5 mins. (warm-up) Jog 25 mins., (slightly faster pace than Day 1); walk/stretch 5 mins. (cool-down).

Week 5

- 1) Don't look too far ahead, as having overcome the initial difficulties of reaching 2 miles, 10k may seem insurmountable.
- 2) Take each session as it comes and you will be surprised at how easily your fitness level increases.
- 3) Try to find a group to train with or start one yourself, as sharing the experience of getting fit is a hugely positive feeling mentally and physically.
- 4) Encourage each other especially those who are feeling the pinch, and help them get to next stage of schedule.
- 5) Now that the weather is getting better keep hydrated by sipping water before and after training.
- 6) Bring some carbohydrates with you to restore energy levels quickly i.e bananas; muesli bars, fruit pastilles etc.

Schedule 1 - Walkers

Day 1 Walk 25 mins. (moderate pace).

Day 2 As for Day 1, or Alternative Day's Exercise i.e. Aerobics, Cycling, Swimming, Team Games etc.

Day 3 Walk 30 mins., (slightly faster than Day 1) preferably with a group.

Schedule 2 - Runners (Beginners)

Day 1 Walk 10 mins., stretch 5 mins. (warm-up); Jog 15 mins. (easy) walk/stretch 10mins. (cool-down).

Day 2 As for Day 1, or Alternative Day's Exercise.

Day 3 Walk 10 mins., stretch 5 mins. (warm-up); Jog 15 mins (slightly faster than Day1)
Walk/stretch 10 mins. (cool-down).

Schedule 3 - Runners (Reasonably Fit)

Day 1 Walk/Jog 5 mins., stretch 5 mins. (warm-up); Jog 25 mins., Walk 5 mins. Stretch 5 mins. (cool-down).

Day 2 As for Day 1.

Day 3 Walk 5 mins., stretch 5 mins. (Warm-up); Jog 25 mins.(Slightly faster than Day 1)
Walk 5 mins., stretch 5 mins. (cool-down).

Week 6

As we reach Week 6 in our training schedules let me summarize the important points, which will help to get you ready for the big day, 19th September.

- 1) Make sure to warm-up in a track suit before your session and cool down afterwards also in your track suit.
- 2) Set realistic targets and don't be afraid to ease back if you are not feeling great.
- 3) Bring carbohydrates with you for after your session i.e. bananas, muesli bars, dried fruit, fruit pastilles, wine gums etc.
- 4) Sip water before during and after exercise.
- 5) If you get any sort of injury, rest for a few days and ice the affected area twice a day for 15/20 minutes. Don't put ice directly on your skin, - you should wrap it in a towel or plastic bag.
- 6) Try to eat well - a good breakfast is important and, if possible, leave your main meal until after training.
- 7) Wear good comfortable shoes and clothing and do not wait until race day to try anything new.
- 8) Do not train on consecutive days (except for experienced athletes); the day off in between will help avoid exhaustion and injury.
- 9) Dieting is not advisable, but adopt a healthy eating lifestyle and avoid fatty foods such as chips, sausages, cakes, chocolate etc.

Schedule 1 - Walkers

Day 1: Walk 25 mins. (moderate pace).

Day 2: As for Day 1 or Alternative Day's Exercise, i.e. Aerobics, Cycling, Swimming, Team Games etc.

Day 3: Walk 30 mins., (slightly faster than Day 1).

Schedule 2 - Runners (Beginners)

Day 1: Walk 5 mins. Stretch 5 mins. (warm-up); Jog 20 mins., Walk 5 mins/Stretch 5 mins. (cool-down).

Day 2: As for Day 1 or Alternative Day's Exercise.

Day 3: Walk 5 mins. Stretch 5 mins.(warm-up); Jog 20 mins. (slightly faster than Day 1) preferably with group, Walk/Stretch 10 mins. (cool-down).

Schedule 3 - Runners (Reasonably Fit)

Day 1: Walk 5 mins/Stretch 5 mins.(warm-up); Jog 25 mins., Walk 5 mins/stretch 5 mins. (cool-down)

Day 2: As for Day 1.

Day 3: Walk/Jog 5 mins/Stretch 5 mins. (warm-up); Jog 30 mins. (Slightly faster than Day 1) Walk 5 mins. Stretch 5 mins. (cool-down).

Week 7

Do not despair if you have not yet entered the Tipperary Women's Mini Marathon, there is still time. Enter now, with the object of walking all the way, or if you are reasonably fit you could jog/walk to the finish line at Tipperary Institute.

If you have a sporting background and are reasonably fit from team games, walking etc. start immediately with Schedule 2, or if you are a total beginner, and would like to take part for your favourite charity, or get fit and lose weight, start with Schedule 1. Do not train on consecutive days, if possible, and if feeling extremely tired from your exertions take at least a two day break between sessions.

A word of caution for Schedule 3 Runners, as we now add an extra days training it may be necessary to slow the pace on the previous days to ensure muscle recovery and alleviate stiffness. You can then head into this week in a positive state of mind to undertake the extra work load. Remember to warm-up and cool-down on all training sessions.

Schedule 1 Walkers

Day 1 Walk 30 mins. (moderate pace).

Day 2 As for Day 1, or alternative day's exercise i.e. Aerobics, Swimming, Cycling,
Team Games for 40 mins.

Day 3 Walk 30 mins. (slightly faster pace than Day 1).

Schedule 2 Runners - Beginners

Day 1 Walk 5 mins., stretch 5 mins. (warm-up); Jog 25 mins., walk 5 mins/stretch 5 mins.,
(cool-down).

Day 2 As for Day 1 or Alternative Day's Exercise (as above).

Day 3 Walk 5 mins/stretch 5 mins., (warm-up). Jog 30 mins., (slightly faster than Day 1)
and preferably with a friend or group., walk/stretch 5 mins. (cool-down).

Schedule 3 Runners - Reasonably Fit

Day 1 Walk/Jog 5 mins./stretch 5 mins. (warm-up); Run 30 mins., walk/stretch 5 mins.
(cool-down).

Day 2 Walk/Jog 5 mins./stretch 5 mins. (warm-up); Run 15 mins., slightly faster pace than
Day 1, walk/stretch 5 mins. (cool-down)

Day 3 As for Day 1.

Day 4 Walk/Jog 5 mins./stretch 5 mins. (warm-up); Run 30 mins., slightly faster pace than
Day 1, walk/stretch 5 mins. (cool-down).

Week 8

As we enter Week 8 of the Training Schedules we should begin, at last, to feel the benefit of all the hard work to date.

For those who find it quite easy now to run up to four miles, it may be time to consider entering one of the many road races on offer around the country at this time of year. As these schedules are designed for Beginners to Intermediate standard runners, do not get carried away when the starting gun goes. Start off at your training pace and wind up gradually to a pace that you can maintain to the finish line. Do your warm-up for about 15 minutes beforehand and stretch out those muscles so that there is no risk of injury. It would also be a good idea to run with a familiar group or friend, so that you can control the pace, as emotions can make us over competitive on these occasions. Make sure you are comfortable up to the half way point and then and only then lift your pace to above the comfort level, but not to a level that will see you exhausted and totally dehydrated. Remember this is just a fun run and it can become a really good day out if treated as such, and will ensure you will want to return to enjoy the atmosphere and competitiveness of the world of the athlete.

Schedule 1 (Walkers)

Day 1 Walk 30 mins. (moderate pace).

Day 2 As for Day 1 or alternative Day's Exercise i.e. Aerobics, Swimming, Cycling, Team Games etc. for 40 mins.

Day 3 Walk 35 mins. (slightly faster pace than Day 1).

Schedule 2 (Runners - Beginners)

Day 1 Walk 5 mins./Stretch 5 mins. (warm-up); Jog 30 mins., Walk 5 mins. Stretch 5 mins. (cool-down).

Day 2 As for Day 1 or Alternative Day's Exercise (as above).

Day 3 Walk 5 mins./Stretch 5 mins. (warm-up); Jog 35 mins. (slightly faster than Day 1) Walk/Stretch 5 mins. (cool-down).

Schedule 3 (Runners - Reasonably Fit)

Day 1 Jog 5 mins/Stretch 5 mins. (warm-up); Run 30 mins., Walk/Stretch 5 mins. (cool-down).

Day 2 Walk/Jog 5 mins./Stretch 5 mins. (warm-up); Run 15 mins. (faster than Day 1.)Walk/Stretch 5 mins. (cool-down).

Day 3 As for Day 1.

Day 4 Jog 5 mins/Stretch 5 mins. (warm-up); Run 35 mins. (slightly faster pace than Day 1); Walk/Stretch 5 mins. (cool-down).

Week 9

If you took part in a local race or fun run last week, you may have felt some extra heaviness in your legs for a few days. This is the result of lactic acid build up in the muscles. It is nothing to worry about and usually goes after two or three days, when you will feel fine again. As our runs are getting longer each week the most important factor is to make sure you cover the time advised for each day. This will ensure you have the stamina required built in for the 19th September. Make sure you have adequate footwear for the task in hand, and run as many times as possible on the grass to ease the jarring effect on the joints. Now is the time for full concentration on the task in hand and, when you have warmed up adequately, pick up the tempo a little bit on each run, whilst being cautious at the same time not to reach exhaustion point. This is the time when you listen to your body and set the pace that your body dictates, as other everyday happenings, such as a hard work day, or colds/viruses, may slow you a little bit. These will soon pass and you will be eager to step back into your usual rhythm.

Schedule 1 (Walkers)

Day 1 Walk 35 mins., (moderate pace).

Day 2 As for Day 1, or Alternative Days Exercise, ie Aerobics; Swimming; Cycling; Team Games, etc.

Day 3 Walk 40 mins., (slightly faster than Day 1).

Schedule 2 (Runners Beginners)

Day 1 Walk 5 mins/stretch 5 mins. (warm-up) Jog 35 mins. walk/stretch 5/10 mins. (cool-down).

Day 2 As for Day 1, or Alternative Days Exercise (as above).

Day 3 Walk 5 mins/stretch 5 mins (warm-up) Jog 35 mins. (slightly faster pace than Day 1) walk/stretch 5 mins. (cool-down).

Schedule 3 (Runners Reasonably Fit)

Day 1 Jog 5 mins/stretch 5 mins (warm-up); Run 35 mins. (comfortable pace) walk/Stretch (cool-down).

Day 2 Jog 5 mins/stretch 5 mins (warm-up) Run 20 mins. (faster pace than Day 1) Walk/stretch (cool-down).

Day 3 As for Day 1.

Day 4 Jog 5 mins/stretch 5 mins (warm-up) Run 40 mins., (slightly faster pace than Day 1) walk/stretch (cool-down).

Week 10

As we approach the last few weeks of the training schedule make sure you do not get carried away and risk injury by over-doing the work load. Remember these schedules are for those who just wish to complete the course at their own speed.

There may be a few who, at this stage, would like to run faster because they feel strong at the end of each session. If you are one of those my one concession to the speed area of training would be to run the last 5/10 minutes of your run at a faster pace. If you are able to handle this type of increase it will ensure your cadence and fluency of movement will improve all round and so make your running action that bit easier at a faster stride pattern. This increase in speed should come with a warning tag, and if muscles are very sore or stiff afterwards, return to your normal pace.

There are many ways of increasing your race pace such as Fartlek, Interval Training and Tempo Runs to name but a few, and if you feel you are ready for this area of training, my advice is to join a local club where you can come under the guidance of an experienced coach.

In the meantime, for the majority, keep focused on the schedules as laid out and remember your objective to get to the finish line on the 19th September to receive your well earned medal!

Schedule 1 (Walkers)

Day 1 Walk 40 mins. at moderate pace.

Day 2 As for Day 1 or Alternative Day's Exercise, ie Aerobics; Cycling; Swimming, Team Games etc.

Day 3 Walk 40 mins. at slightly faster pace than Day 1.

Schedule 2 (Runners - Beginners)

Day 1 Walk 5 mins./Stretch 5 mins (warm-up) Jog 35 ins., Walk/Stretch 5 mins. (cool-down).

Day 2 As for Day 1 or Alternative Day's Exercise.

Day 3 Walk 5 mins/Stretch 5 mins; Jog 40 mins., (slightly faster pace than Day 1) Walk/Stretch 5 mins. (cool-down).

Schedule 3 (Runners - Reasonably Fit)

Day 1 Jog 5 mins/Stretch 5 mins (warm-up); Run 40 mins. comfortable pace; Walk/Stretch 5 mins. (cool-down).

Day 2 Jog 5 mins/Stretch 5 mins. (warm-up); Run 25 mins at faster pace than Day 1; Walk/Stretch 5 mins. (cool-down).

Day 3 As for Day 1

Week 11

Now that the pace and distance covered is increasing each week and some have even tried the racing route, we must still be cautious as to how our muscles feel with this extra pressure. Remember the old adage Train Dont Strain, and the risk of injury will be minimized.

While Walkers should carry on extending their walks, Runner Beginners should try to cover at least four miles this weekend, whilst those on the Intermediate Schedule should aim for 5 miles at conversation pace.

Schedule 1 - Walkers

Day 1 Walk 45 mins., at moderate pace.

Day 2 As for Day 1 or Alternative Day's Training, ie Aerobics, Cycling, Swimming, Team Games.

Day 3 Walk 50 mins., at slightly faster pace than Day 1.

Schedule 2 - Runners (Beginners)

Day 1 Walk 5 mins/Stretch 5 mins. (warm-up); Jog 45 mins. at easy pace.,
Walk/Stretch 5 mins. (cool-down).

Day 2 As for Day 1 or Alternative Day's Training, as above.

Day 3 Walk 5 mins/Stretch 5 mins. (w/u); Jog 50 mins. at slightly faster pace than Day 1.

Schedule 3 - Runners (Reasonably Fit)

Day 1 Jog 5 mins./Stretch 5 mins. (w/u); Jog 45 mins., at comfortable pace,
Walk/Stretch 5 mins (cool-down).

Day 2 Jog 5 mins/Stretch 5 mins. (w/u); Run 30 mins. at faster pace than Day 1;
Walk/Stretch (cool-down).

Day 3 As for Day 1.

Day 4 Jog/Stretch 10 mins. (w/u); Run 50 mins. at slightly faster pace than Day 1,
but not as fast as Day 2., Walk/Stretch 5 mins. (cool-down).

Week 12

As we reach Week 12 in our training schedules let us remind ourselves of some important points that will help to get ready for the big day, 19th September.

- 1) Make sure to warm-up in a track suit before your session and cool down afterwards also in your track suit.
- 2) Set realistic targets and don't be afraid to ease back if you are not feeling great.
- 3) Bring carbohydrates with you for after your session i.e. bananas, muesli bars, dried fruit, pastilles, wine gums etc.
- 4) Sip plenty of water before, during and after exercise, especially during a hot spell.
- 5) If you get any sort of injury, rest for a few days and ice the affected area twice a day for 15/20 minutes. Don't put ice directly on to your skin, - you should wrap ice in a towel or plastic bag.
- 6) Try to eat well a good breakfast is important and, if possible, leave your main meal until after training.
- 7) Wear good comfortable shoes and clothing and do not wait until race day to try out anything new.
- 8) Do not train on consecutive days (except for experienced athletes) the day off in between will help avoid exhaustion and injury.
- 9) Dieting is not advisable, but adopt a healthy eating lifestyle and avoid fatty foods such as sausages, chips, cakes etc.

Schedule 1 Walkers

Day 1 Walk 55 mins., at moderate pace.

Day 2 As for Day 1, or alternative days exercise i.e. aerobics, cycling, swimming, team games etc.

Day 3 Walk 60 mins., at slightly faster pace than Day 1.

Schedule 2 Runners (Beginners)

Day 1 Walk 5 mins/Stretch 5 mins (warm-up); Jog 50 mins at easy pace., walk/stretch 5 mins (cool-down)

Day 2 As for Day 1 or alternative days training, as above.

Day 3 Walk 5 mins/stretch 5 mins (warm-up) Jog 60 mins. at slightly faster pace than Day 1.

Schedule 3 Runners (Reasonably Fit)

Day 1 Jog 5 mins/stretch 5 mins (warm-up) Jog 50 mins. at comfortable pace; walk/stretch 5 mins (cool-down).

Day 2 Jog 5 mins/stretch 5 mins; Run 30 mins. at faster pace than Day 1; walk/stretch 5/10 mins.

Day 3 As for Day 1.

Day 4 Jog/stretch 10 mins; Run 60 mins at slightly faster pace than Day 1, but not as fast as Day 2; walk/stretch 5 mins. (cool-down).

Week 13

We are into the last week of real training, before the ease down period to refresh the muscles and mind for Race Day. This is the week that will require your full concentration and lots of rest between training sessions - a few early nights would not go astray!

Make sure that your last and most strenuous session is on Sunday 12th as to go past this date will see an accumulation of tiredness which is bound to slow you down on Race Day, 19th September. Following these simple rules will see you refreshed and eager to take in the task in hand, which is to get to the finish line as fast as you wish to do so. This is also the week to try out the gear you intend to wear in the race, especially the shoes, which are the most important item to prevent blisters.

Maintain a steady pace throughout all the sessions and finish each one feeling strong and fluent. Everything is done at below race pace as you are going to save that special effort for the big occasion. Again, to help recovery in the muscles run as often as possible on the grass, as this prevents jarring of muscles, back etc., and makes recovery easier. Enjoy your last few days of hardwork and keep them balanced and you will be bouncing and eager to face the starting gun on a superb occasion of fun and fitness.

Schedule 1 - Walkers

Thurs. 21st Walk 55 mins. (moderate pace).
Sat. 23rd Walk 30 mins. (brisk pace)
Sun. 24th Walk 60 mins. (slightly faster than Thurs).
Weds. 27th 30 mins. brisk walk
Fri. 29th 20 mins. easy pace.

Schedule 2 - Runners/Beginners

Thurs. 21st Walk 5 mins/Stretch 5 mins.(warm-up); Jog 55 mins. (easy pace); Walk/Stretch 5 mins. (cool-down).
Sat. 23rd Walk 5 mins./Stretch 5 mins.(w-u); Jog 20 mins.(easy pace); Walk/Stretch 5 mins.
Sun. 24th Walk/Jog/Stretch 10 mins., Run 60 mins. (slightly faster pace than Day 1). cool-down 5 mins.
Weds. 27th Jog 20 mins. (brisk-pace); cool-down 5 mins.
Fri. 29th Jog 20 mins. easy pace.

Schedule 3 - Runners/Reasonably Fit

Thurs. 21st Jog 5 mins/Stretch 5 mins.(w-u); Run 55 mins.(easy pace); Jog/Stretch 5 mins. (cool-down).
Sat. 23rd Jog 5 mins/Stretch 5 mins.(w-up) Run 30 mins. (faster pace than Day 1) Jog/Stretch 5 mins. (cool-down).
Sun. 24th Jog 5 mins/Stretch 5 mins. (w-u); Run 60 mins. (slightly faster pace than Day 1) Walk/Stretch 5 mins. (cool-down).
Weds. 27th Jog 30 mins. (easy pace).
Friday 29th Jog 30 mins. (easy pace).

Note: Rest on other days from all types of exercise to ensure physical and mental recovery.