

Standard Chartered
Jersey Marathon
2020



FITNESS PARTNER

healthhaus
taking fitness personally

HEALTHHAUS TRAINING PLAN 3: 10K TO 13K



JERSEY-MARATHON.COM



10K TO 13K

About this training programme:

This training programme is aimed at runners who have previously ran a 10K and comfortable with the distance and are wishing to participate in a longest distance leg of the Ravenscroft Relay Race.

The programme assumes that you will run at least three times a week, and on some weeks participate in an extra run or one strength training session.

Running Session Notes:

For all running sessions you should walk briskly for 5 minutes and mobilise.

Interval training - This is repetitive intense work periods followed by a recovery section. Interval training helps you prepare for bursts of intense work or stress when running and will improve the efficiency of the heart. The fast and intense stress on the body will help you get faster and can be done on any terrain.

Ensure you cool down and stretch at the end of each session.

Strength training, mobility and stretch videos coming soon!

Running Aims:

Weeks 1 – 2: Your aim is to complete the required number of repetitions. This is more important than speed! Run at a pace at which you can answer questions in short sentences.

Week 3: This is an 'easy week'. Run well within yourself so that this session doesn't feel too difficult.

Week 4: It is time to start pushing yourself! Run at a pace at which you could only answer a question with a couple of words.

Week 5: Race week! Complete your runs at a comfortable pace – run well within yourself and save your energy for race day!





	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1	Rest	Rest	6K easy run	Rest & Stretch	30 MIN Easy Run	Rest & Stretch	9K
Week 2	Rest	6K hills or interval run	Rest & Stretch	Cross train (Swim/Strength)	30 MIN Easy Run	Rest	10K Easy Run
Week 3	Rest & Stretch	35mins easy run	Rest & Stretch	10min easy run 20min at race pace 10min easy run	Rest	20 MIN HIIT	11K Easy Run
Week 4	Rest & Stretch	7K hills or interval run	Rest & Stretch	10min easy run 25min at race pace 10min easy run	Rest	Strength Training	12K Easy Run
Week 5	Rest	50mins easy run	Rest & Stretch	25min easy run	Rest	Rest & Stretch	13K!

