

Standard Chartered
Jersey Marathon
2020



HEALTHHAUS TRAINING PLAN 5: HALF MARATHON TO FULL MARATHON



JERSEY-MARATHON.COM



HALF MARATHON TO FULL MARATHON

About this training programme:

This training programme is aimed at runners who have previously ran a half marathon and comfortable with the distance and are wishing to participate in the full Standard Chartered Jersey Marathon (26.2 miles/42.2K).

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.

Running Aims:

Weeks 1 – 4: 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 5: This is an 'easy week'. Run well within yourself so that this session doesn't feel too difficult.

Weeks 6 – 9: 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 10: 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	2 min run / 2 min walk x 6 Interval Runs 12 min running / 24 min total	Rest & Stretch	30 -45 Min Run	Rest	9 MILES Easy run
Week 2	Rest	1 Mile warm up 4 miles R/P 1 mile cool down	30 min strength training / Swim / Bike	Rest & Stretch	45 Min R/P	Rest	12 MILES Easy run
Week 3	Rest	Strength training / HIIT 30 min	45 min run intervals / Hills	Rest & Stretch	60 Min R/P	Rest	14 MILES Easy run
Week 4	Rest	1 Mile warm up 5 miles R/P 1 mile cool down	30 min strength training / Swim / Bike	Rest & Stretch	70 Min R/P	Rest	16 MILES Easy run
Week 5	Rest	Strength training / HIIT 30 min	1 Mile warm up 40 min track /intervals /hill 1 mile cool down	Rest & Stretch	80 Min R/P	Rest	18 MILES Easy run
Week 6	Rest	10 min warm up 60 min R/P 5 min cool down	30 min strength training / Swim / Bike	Rest & Stretch	90 Min R/P	Rest	20 MILES Easy run Run full race kit and test nutrition
Week 7	Rest	Strength training / HIIT 30 min	75 mins close to R/P	Rest & Stretch	60 Min R/P	Rest	22 MILES Easy run Run full race kit and test nutrition
Week 8	Rest	Yoga / Stretch / Swim	Strength training / HIIT 30 min	Rest & Stretch	60 Min R/P	Rest	12 MILES Easy run
Week 9	Rest	5 Mile Easy Run	Easy Swim / Bike training	Rest & Stretch	2 - 3 Miles Very easy run (test your race day kit)	Rest	MARATHON!

