

Standard Chartered
Jersey Marathon
2020



FITNESS PARTNER

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HEALTHHAUS TRAINING PLAN 1: COUCH TO 5K



JERSEY-MARATHON.COM



COUCH TO 5K

About this training programme:

This training programme is aimed at novice runners who are wishing to participate in either the Marathon Mile sponsored by the Jersey Development Company or a shorter leg within the Ravenscroft Relay Race.

The programme assumes that you will run at least twice a week, participate in one strength training session and an option between a third day of running or a second strength training session. In addition, one long walk later on in the week.

It should be possible to complete the 5k distance by only doing two runs per week (as per the runs scheduled on Monday and Thursday) but please note you will find the 5k more challenging.

Running Session Notes:

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

The aim of the long walk sessions are to spend more time on your feet. Aim for 45 – 60 minutes on varied terrain (roads, footpaths, beach etc) and push hard when walking up hills!

Ensure you cool down and stretch at the end of each session.
Strength training, mobility and stretch videos are coming soon!

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 – 10: 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 11: 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	30 sec run / 30 sec walk x 20 10 min running / 20 min total	Strength training	Rest	30 sec run / 30 sec walk x 20 10 min running / 20 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 2	1 min run / 1 min walk x 12 12 min running / 24 min total	Strength training	Rest	1 min run / 1 min walk x 12 12 min running / 24 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 3	1 min run / 1 min walk x 14 14 min running / 24 min total	Strength training	Rest	1 min run / 30 sec walk x 16 14 min running / 24 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 4	1.5 min run / 1 min walk x 10 15 min running / 25 min total	Strength training	Rest	1 min 30 sec run / 1 min walk x 10 15 min running / 25 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 5	30 sec run / 30 sec walk x 20 10 min running / 20 min total	Rest	Strength training	30 sec run / 30 sec walk x 20 10 min running / 20 min total	Rest	Rest	Long walk
Week 6	1.5 min run / 1 min walk x 12 18 min running / 30 min total	Strength training	Rest	1 min 30 sec run / 1 min walk x 12 18 min running / 30 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 7	2 min run / 1 min walk x 9 18 min running / 27 min total	Strength training	Rest	2 min run / 1 min walk x 9 18 min running / 27 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 8	2 min run / 1 min walk x 10 20 min running / 30 min total	Strength training	Rest	2 min run / 1 min walk x 10 20 min running / 30 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 9	3 min run / 1 min walk, 2 min run / 1 min walk, 1 min run / 30 sec walk x 4 24 min running / 34 min total	Strength training	Rest	3 min run / 1 min walk, 2 min run / 1 min walk, 1 min run / 30 sec walk x 4 24 min running / 34 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 10	3 min run / 1 min walk, 2 min run / 1 min walk, 1 min run / 30 sec walk x 4 24 min running / 34 min total	Strength training	Rest	3 min run / 1 min walk, 2 min run / 1 min walk, 1 min run / 30 sec walk x 4 24 min running / 34 min total	Rest	Strength training or run (same as Thurs session)	Long walk
Week 11	3 min run / 1 min walk, 2 min run / 1 min walk, 1 min run / 30 sec walk x 5 30 min run / 42.5 min total	Rest	Strength training	3 min run / 1 min walk, 2 min run / 1 min walk, 1 min run / 30 sec walk x 5 30 min run / 42.5 min total	Rest	Rest	5K!

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