Standard Chartered Jersey Marathon 2020

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HEALTHHAUS TRAINING PLAN 3: 10K TO 13K

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About this training programme:

This training programme is aimed at runners who are already comfortable running 10K and are wishing to participate in a long distance leg of the Ravenscroft Relay Race.

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

Running Session Notes:

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

Interval training – These are 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 are 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	**35 mins easy run**	Rest & Stretch	**10 min 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	**10 min easy run** 25min at race pace 10min easy run	Rest	**Strength Training**	**12K** Easy Run
Week 5	Rest	**50 mins easy run**	Rest & Stretch	**25 min easy run**	Rest	Rest & Stretch	**13K!**