Standard Chartered Jersey Marathon 2020

FITNESS PARTNER
healthhaus
taking fitness personally

HEALTHHAUS TRAINING PLAN 4: 10K TO HALF MARATHON

JERSEY-MARATHON.COM

10K TO HALF MARATHON

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 or beginning to train for the full Standard Chartered Jersey Marathon distance.

The programme assumes that you will run at least three times a week, and participate in an extra run or one 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 – 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 – 7: 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 8: 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** 12 min running / 24 min total	Rest & Stretch	**40 MIN** Easy Run	Rest	**5 MILES**
Week 2	Rest	**4 min run / 4 min walk x 4** 16 min running / 32 min total	**Strength training**	Rest & Stretch	**40 MIN** Easy Run	Rest	**6 MILES**
Week 3	Rest	**Strength training**	**2 min run / 2 min walk x 8** 16 min running / 32 min total	Rest & Stretch	**40 MIN** Easy Run	Rest	**7 MILES**
Week 4	Rest	**6 min run / 2 min walk x 4** 24 min running / 32 min total	**Strength training**	Rest & Stretch	**45 MIN** Easy Run	Rest	**8 MILES**
Week 5	Rest	**Strength training**	**2 min run / 2 min walk x 10** 20 min running / 40 min total	Rest & Stretch	**45 MIN** Easy Run	Rest	**10 MILES**
Week 6	Rest	**8 min run / 2 min walk x 6** 48 min running / 60 min total	**Strength training**	Rest & Stretch	**50 MIN** Easy Run	Rest	**11 MILES**
Week 7	Rest	**Strength training**	**10 min run / 2 min walk x 4** 40 min running / 48 min total	Rest & Stretch	**55 MIN** Easy Run	Rest	**7 MILES**
Week 8	Rest	**2 min run / 2 min walk x 8** 16 min running / 32 min total	**Strength training**	Rest & Stretch	**30 MIN** Easy Run	Rest	**HALF MARATHON!**