Standard Chartered Jersey Marathon 2020

FITNESS PARTNER healthhaus taking fitness personally

HEALTHHAUS TRAINING PLAN 5: HALF MARATHON TO FULL MARATHON

JERSEY-MARATHON.COM

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About this training programme:

This training programme is aimed at runners are already comfortable running a half marathon and are wishing to participate in the full Standard Chartered Jersey Marathon (26.2 miles/ 42.2K).

The programme assumes that you will run times a week, and participate in a weekly strength training or cross training session.

Running Session Notes:

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

R/P = Race Pace

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 – 8: 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 9: Race week! Complete your runs at a comfortable pace – run well within yourself and save your energy for race day!

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	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!***