

# **TRAINING PLAN 5: HALF MARATHON TO FULL MARATHON**







# **HALF MARATHON TO FULL MARATHON**

## **About this training programme:**

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