

## LeisureWorld's COUCH TO RELAY (Beginners) Programme

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This programme is geared towards the absolute beginner who has not been involved in sports before and has an inactive lifestyle. Always warm-up before and cool-down after exercise.

- Warm-up: 10min walk starting off easy, with the last couple of mins brisk.
- Cool-down: 5–10mins easy walk and stretches.
- If you experience pain or feel unwell at any stage, then stop exercising and see a GP /Physio if needs be.
- Wear suitable footwear that has been recommended by your local running specialist shop.
- Complete at least 50% of your training on soft surfaces like grass or trail, if possible.

### Bodyweight Exercises

<u>Weeks 1-4</u>	<u>Weeks 5-8</u>	<u>Weeks 9-12</u>
<p><b><u>Complete in circuit format for 4 weeks</u></b></p> <p>Bodyweight squat : <b>2 sets of 20</b>            Press up : <b>2 sets of 15–20</b>            Reverse Crunch : <b>2 sets of 20 reps</b>            Lunges : <b>2 sets of 12 – 12 each leg</b>            Ab crunch : <b>2 sets of 20 reps</b></p>	<p>1a. <b>Bodyweight squat : 3 sets of 20</b>            1b. <b>Press up : 3 sets of 15–20</b>            1c. <b>Reverse Crunch : 3 sets of 20 reps</b></p> <p>2a. <b>Lunges : 3 sets of 12 – 12 each leg</b>            2b. <b>Ab crunch : 3 sets of 20 reps</b>            2c. <b>Back extension : 3 sets of 12 reps</b></p> <p>Complete one set of 1a, 1b &amp; 1c before completing 2<sup>nd</sup> set of each.            Same with 2a, 2b and 2c.</p>	<p>1a. <b>Bodyweight squat: 3 x 20</b>            1b. <b>Jump Squat : 3 x 8</b></p> <p>2a. <b>Press up : 3 x 20</b>            2b. <b>Power press up: 3 x 6</b></p> <p>3a. <b>Plank : 3 x 30 secs</b>            3b. <b>Hip Thrusts 3 x 12</b></p>

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	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 1	2min easy jog + 2/3min walk – repeat 5 times	Brisk walk & Bodyweight exercises	Rest	As Mon.	As Tues.	2min jog + 3min walk – repeat 6 times	Rest
Week 2	3min jog + 3min walk – repeat 5 times	45min brisk walk & bodyweight exercises	Rest or easy walk	2min jog + 2min walk – repeat 5 times	As Tues.	3min jog + 3min walk – repeat 5 times	Rest
Week 3	3min jog + 3min walk – repeat 6 times	Brisk walk & bodyweight exercises	Rest	2min jog + 2min walk – repeat 6 times	As Tues.	As Mon.	Rest
Week 4	4min jog + 3/4min walk – repeat 5 times	Brisk walk & bodyweight exercises	Rest	3min jog + 3min walk – repeat 5 times	As Tues.	4min jog + 3/4min walk – repeat 5 times	Rest
Week 5	5min jog + 3/4min walk – repeat 5 times	Brisk walk & bodyweight exercises	Rest	4min jog + 2/3min walk – repeat 5 times	As Tues.	5min jog + 3/4min walk – repeat 5 times	Rest
Week 6	5min jog + 2/3min walk – repeat 5 times	Easy walk & bodyweight exercises	Rest	5min jog + 2/3min walk – repeat 5 times	As Tues.	5min jog + 3min walk – repeat 5 times	Rest
Week 7	6min jog + 2/3min walk – repeat 5 times	Easy walk & bodyweight exercises	Rest	As Mon.	As Tues.	5min jog + 2min walk – repeat 6 times	Rest
Week 8	7min jog + 2/3min walk – repeat 4 times	Easy walk & bodyweight exercises	Rest	5min jog + 2min walk – repeat 6 times	As Tues.	As Mon.	Rest
Week 9	As Week 8						
Week 10	8min jog, 7min jog, 6min jog, 5min jog, 4min jog (2min walk in between jogs)	Easy walk & bodyweight exercises	Rest	As Mon.	As Tues.	8min jog + 2min walk – repeat 3 times	Rest
Week 11	10min jog + 3min walk – repeat 3 times	Rest	As Mon.	Rest	10min jog + 2min walk – repeat 3 times	Rest	60min walk – easy/brisk
Week 12	10min jog + 3min walk – repeat 3 times	Rest	8min jog + 3min walk – repeat 3 times	Rest	5min jog + 2-3min walk – repeat 3/4 times	45min walk – easy/brisk	Rest & get to bed early!

**RACE DAY! Irish Examiner Cork City Marathon, SUNDAY 4<sup>th</sup> June**