

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

This programme is geared towards active individuals who are reasonably fit and/or involved in sport. You should be able to jog 20-25 mins comfortably.

- Always precede your run with a warm-up and finish with a cool-down.
- Warm-up: 10min walk starting off easy, with the last couple of mins brisk.
- Cool-down: 5–10mins easy walk and stretches.
- Each run can include some walking in the middle, depending on fitness levels. Where you see 25-30mins run, for e.g., then a walk of 3-5mins can be done during it, if you're finding it difficult to stay running.
- 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><u>Complete in circuit format for 4 weeks</u></p> <p>Bodyweight squat : 2 sets of 20            Press up : 2 sets of 15–20            Reverse Crunch : 2 sets of 20 reps            Lunges : 2 sets of 12 – 12 each leg            Ab crunch : 2 sets of 20 reps</p>	<p>1a. Bodyweight squat : 3 sets of 20            1b. Press up : 3 sets of 15–20            1c. Reverse Crunch : 3 sets of 20 reps</p> <p>2a. Lunges : 3 sets of 12 – 12 each leg            2b. Ab crunch : 3 sets of 20 reps            2c. Back extension : 3 sets of 12 reps</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. Bodyweight squat: 3 x 20            1b. Jump Squat : 3 x 8</p> <p>2a. Press up : 3 x 20            2b. Power press up: 3 x 6</p> <p>3a. Plank : 3 x 30 secs            3b. Hip Thrusts 3 x 12</p>

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	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 1	25min easy jog (3-5min walk in middle, if needed)	Bodyweight exercises	Rest	25min east run	As Tues.	As Mon.	Rest
Week 2	25min easy jog	Bodyweight exercises	Rest	25min jog 6 x 100m strides afterwards	As Tues.	As Mon.	Rest
Week 3	35min easy jog	Bodyweight exercises	Rest	30min easy run 6 x 100m strides afterwards	As Tues.	30min easy run	Rest
Week 4	30min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (1min fast, 90secs easy) x 6	As Tues.	35min easy run	Rest
Week 5	35min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (1min fast, 90secs easy) x 8	As Tues.	35-40min easy run	Rest
Week 6	35min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (90secs fast, 2mins easy) x 5-6	As Tues.	35-40min easy run	Rest
Week 7	40min 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min easy warm-up (90secs fast, 2mins easy) x 5-6	As Tues.	40min easy run	Rest
Week 8	40min easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 2mins easy) x 5	As Tues.	45min easy run	Rest
Week 9	45mins easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 2mins easy) x 5	As Tues.	45min easy run	Rest
Week 10	45mins easy run 6 x 100m strides afterwards	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 90secs easy) x 6	As Tues.	50mins easy run	Rest
<b>Week 11</b>	50mins easy run	Bodyweight exercises	Rest	10-15min warm-up (2mins fast, 90secs easy) x 7	As Tues.	50mins easy run	Rest
Week 12	50mins easy run	Bodyweight exercises	Rest	(1min fast, 2mins easy) x 7	Rest	20-30mins easy run	Rest & bed early!
<b>RACE DAY! Cork City Marathon, SUNDAY 5<sup>th</sup> June</b>							