

LeisureWorld's COUCH TO RELAY (Advanced) Programme

This programme is geared towards active individuals who have a reasonably good level of fitness and/or are involved in sport. You should be able to jog 30mins 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

<i>Weeks 1-4</i>	<u><i>Weeks 5-8</i></u>	<u><i>Weeks 9-12</i></u>
<p><u><i>Complete in circuit format for 4 weeks</i></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 & 1c before completing 2nd set of each. Same with 2a, 2b and 2c.</p>	<p>1a. <i>Bodyweight squat: 3 x 20</i> 1b. <i>Jump Squat : 3 x 8</i></p> <p>2a. <i>Press up : 3 x 20</i> 2b. <i>Power press up: 3 x 6</i></p> <p>3a. <i>Plank : 3 x 30 secs</i> 3b. <i>Hip Thrusts 3 x 12</i></p>

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	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 1	30min easy jog	Bodyweight exercises	Rest	35min run	As Tues.	As Mon.	Rest
Week 2	35min easy jog	Bodyweight exercises	Rest	35min jog 6 x 100m strides afterwards	As Tues.	As Mon.	Rest
Week 3	35min easy jog	Bodyweight exercises	Rest	10-15min warm-up (1min fast, 1min easy) x 8	As Tues.	40min jog	Rest
Week 4	40min, with middle 10mins at a faster pace	Bodyweight exercises	Rest	10-15min warm-up (1min fast, 1min easy) x 8	As Tues.	40min run	Rest
Week 5	40min, with middle 10mins at a faster pace	35min easy	Rest	10-15min warm-up (1min fast, 1min easy) x 10	Bodyweight exercises	45min easy/steady	Rest
Week 6	45min, with middle 10-15mins at a slightly faster pace	35min 6 x 100m strides at end 100m jog recovery	Rest	10-15min warm-up (90secs fast, 90secs easy) x 7	Bodyweight exercises	50min easy jog Bodyweight exercises	Rest
Week 7	45min, with middle 10-15mins at a slightly faster pace	35min 6 x 100m strides at end 100m jog recovery	Rest	10-15min warm-up (90secs fast, 90secs easy) x 8	Bodyweight exercises	50-55min easy jog Bodyweight exercises	Rest
Week 8	45min, with middle 15mins at a slightly faster pace	40min 6 x 100m strides at end	Rest	10-15min warm-up (2mins fast, 90secs easy) x 6-7	Bodyweight exercises	55min easy Bodyweight exercises	Rest
Week 9	50min, with middle 20mins at a slightly faster pace	40min 6 x 100m strides at end	Rest	10-15min warm-up (2mins fast, 90secs easy) x 7	Bodyweight exercises	55-60min easy, done on grass if possible	Rest
Week 10	50min, with middle 20mins at a slightly faster pace	45min 6 x 100m strides at end	Rest	10-15min warm-up (3mins fast, 2min easy) x 5	Bodyweight exercises	60mins easy	Rest
Week 11	50min, with middle 20-25mins slightly faster pace	45min 6 x 100m strides at end	Rest	10-15min warm-up (3mins fast, 2mins easy) x 5	Bodyweight exercises	60mins easy	Rest
Week 12	50min, with middle 15min at a slightly faster pace	45min 6 x 100m strides at the end	Rest	15min warm-up (1min fast, 90sec easy) x 6-8	Rest	30min easy 6 x 100m strides at the end	Rest & get to bed early!

RACE DAY! Cork City Marathon, SUNDAY 5th June