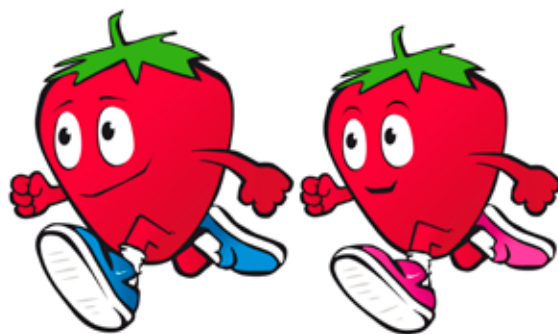


ENNISCORTHY STRAWBERRY FESTIVAL HALF MARATHON



Jane's Six Week Starting to Run Training Programme

This programme is based on a mixture of walking and jogging. It involves training 3 days a week for the first 2 weeks and 4 days a week thereafter. The days of the week are not specified but it is best to alternate training days and rest days, eg train Tuesday, Thursday, Saturday, Sunday and rest the other 3 days.

The total time for the session is at most 43 minutes. This includes a 5 minute warm up and a 5 minute cool down. The 5 minute warm up could be a brisk walk (or a gentle jog as you get fitter) or 5 minutes on an exercise bike. This increases the heart rate and the circulation to the muscles prior to the session. After the session is the best time to do some stretching exercises when the muscles are warm.

In 6 weeks you should be able to run without a break for 30 minutes. Don't try to run too fast. Run at a pace you can sustain.

Good Luck,
Jane

Week	Day	Jog mins	Walk mins	Repeat	Session mins
1	1	1	5	4	34
	2	1	5	4	34
	3	2	5	4	38
2	1	3	5	4	42
	2	3	5	4	42
	3	4	4	4	42
3	1	4	4	4	42
	2	5	3	4	42
	3	5	3	4	42
	4	5	3	3	34
4	1	7	2	3	37
	2	5	2	4	38
	3	5	1	4	34
	4	7	1	3	34
5	1	8	1	3	37
	2	6	1	4	38
	3	7	1	4	42
	4	10	1	3	43
6	1	12	2	2	38
	2	12	1	2	36
	3	15	1	2	42
	4	30	0		40

More Advanced Training Programmes to come on www.strawberryhalfmarathon.com/training