

RUNCAMP

The fitness camp designed specifically for runners



Hey,

I'm Coach Ant the director of RunCamp and I'm the guy who has put together this document for you to help you get to that finish line at Marafun. Its designed with the beginner in mind, if you've never done a half marathon before, this is for you and my gift to say thanks for supporting the greatest Half Marathon to hit Southampton.

It will progress week by week and build up your fitness levels. All it needs from you is dedication, commitment and heaps of enthusiasm.

If you feel at any point that this program isn't suiting you or you need that extra personal touch, I also provide bespoke running plans designed specifically for you, just email me directly info@runcamp.co.uk and I can give you all the information you require.

Want that extra motivation? Why not Tweet us or like our Facebook Page and keep us posted on how your sessions are going.

RunCamp was born out of a desire to help as many people as possible enjoy and importantly improve their running. With weekly sessions for groups and individuals, we have the tools at our disposal to ensure your Marafun is a success.

I hope you enjoy your journey to Marafun - I can't wait!

RunStrong,

Coach Ant

www.runcamp.co.uk

[@runcampsoton](https://twitter.com/runcampsoton)

www.facebook.com/RunCampSouthampton



Week 14-17



Fun To Marafun Training Plan

Program for a novice building up to their first Half Marathon



WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	Set some goals today, work out what you want to achieve this year. How are you going to ensure success at the Marafun? Eat healthily, exercise more? Write your goals down somewhere, at the bottom of this sheet is one very good place!	Rest Day	First Session, find a quiet route and walk for 5 minutes as a warm up. Then complete the following set for 30 minutes: Run for 1 minute and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 40 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest Day	Rest Day	As before, walk for 5 minutes as a warm up. Then complete the following set for 30 minutes: Run for 1 minute and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 40 minutes.
16	Recovery session: 30 minute walk today, take it easy. Focus on breathing and posture - it's very easy to slip into bad habits, the better your posture is, the easier you'll find the conversion into running.	Rest Day	Walk for 5 minutes as a warm up. Then complete 8 sets of the following: Run for 1 minute and Walk for 2 minutes. Finish with another 5 minutes walking and stretch at the end. Total time 35 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest Day	Rest Day	As before, start with a 5 minute warm up. Then 16 minutes of the following: 1 minute of running, 1 minute of walking. Then 18 minutes consisting of 2 minutes running and 1 minute walking. We are increasing your run time here, so don't worry if it feels tough towards the end. Walk for a further 5 minutes and stretch to cool down. Total time: 44 minutes.
15	Recovery Session: 35 minute walk today, take it easy. Focus on breathing and posture	Rest Day	Walk for 5 minutes as a warm up. Then complete 15 sets of the following: Run for 1 minute and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 40 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest Day	Rest Day	As before, start with a 5 minute warm up. Then 40 minutes of the following: 3 minutes of running, 1 minute of walking. Walk for a further 5 minutes and stretch to cool down. Total time: 50 minutes.
14	Recovery Session: 40 minute walk today, take it easy. Focus on breathing and posture	Rest Day	Walk for 5 minutes as a warm up. Then complete 15 sets of the following: Run for 1 minute and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 40 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest Day	Rest Day	After a 5 minute walk to warm up, we are upping the ante this weekend. We will repeat this set six times, and will be doing a 5 minute run and a 1 minute walk. Cool down with a 5 minute walk. Total time: 36 minutes.

Running Jargon Buster:

A Warm Up? This is the time spent preparing you for a workout. Normally around 5-10 minutes, a great starting point is to spend the time walking and slowly raising the heart rate. You can even add in some high knee lifts and butt kicks for bonus points! Unsure what to do - email us and we can send you a short document with some ideas.

Cool Down/Stretch? At the end of a run, your muscles are tired and most likely feeling tight. A cool down (usually a walk or light jog) helps to lower your heart rate. A stretch following this helps to lengthen muscles that will have become tight during your session. Avoiding your stretches is a sure fire way to getting tight muscles and tight muscles can lead to injuries. Make sure you spend 5-10 minutes stretching post run - bounce us an email for our stretch document if you require more information.

A Recovery Session? In this plan, recovery sessions are found after particularly hard or strenuous training sessions. The day after you might be feeling a bit tight or sore, completing light activity such as a walk helps aid recovery and keeps the muscles moving.

Cross Training? Cross training can be any activity that doesn't involve running. It will aid your fitness without the heavy impact that running is guilty of.

Tips for this Month

It is important when starting out to get you used to just spending time on your feet and doing activity. This is why the first month includes a lot of running and walking mixed in together.

It may feel like a tedious month, but focus on keeping the walking sections brisk rather than easy and keep in mind the bigger picture. This month we are building the foundations, next month we are starting to lay the brick work down.

We want you to avoid injury at all costs, starting slower and spending more time on the basics will mean that you are at less risk of getting an injury and we want you to make it to the start line fit and ready.

If you have any questions at all about the program or want to get some more valuable advice then email info@runcamp.co.uk and we will be happy to help.

We are also hosting several training courses and seminars specifically for you to help you ensure you finish and finish well, stay tuned to our emails for more information.

So what are you aiming for? We have left space for three goals that you want to achieve during your half marathon journey.

They can be a time related goal (for the half marathon), weight loss goal, distance goal or even that you want to complete Marafun without stopping.

Please write them in the space below and share these goals with us on social media or by email so we can help you out as much as possible:

1. _____
2. _____
3. _____

New RunCamp Courses specifically for runners taking part in Marafun.

If you want to perfect your running technique, learn to run faster and more efficiently and work with a running coach to be taught the correct drills and exercises to reduce the risk of injury, then check out the 12 week RunCamp courses.

Over the 12 weeks you will learn a wide range of topics to help you improve, technique tips, running drills, strength exercises and how to make your running sessions more interesting.

With courses starting in September 2014 and January 2015, these align perfectly with your preparation for the Marafun.

Email info@runcamp.co.uk for further details and bookings.

Week 10-13



Fun To Marafun Training Plan

Program for a novice building up to their first Half Marathon



WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13	Recovery Session: 40 minute walk today, take it easy. Focus on breathing and posture	Rest Day	Walk for 5 minutes as a warm up. Then complete 15 sets of the following: Run for 1 minute and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 40 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest Day	Rest Day	Brisk walk for 5 minutes then onto our progression run. Run for 5, 7, 9 and 11 minutes each with a 1 minute rest between. Cool down with a 5 minute walk and stretch. Total time: 46 minutes.
12	Steady 5 minute walk into a 10 minute easy run. End with a 5 minute walk to cool down.	Rest day	Walk for 5 minutes as a warm up. Then complete 10 sets of the following: Run for 2 minutes and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 40 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest day	Rest day	Warm up with a 5 minute brisk walk, then Run for 15 minutes continuous, walk for 4 and run for 10 minutes twice each with a 2 minute walk. Brisk walk for 5 minutes to finish. Total time: 53 minutes
11	Steady 5 minute walk into a 10 minute easy run. End with a 5 minute walk to cool down.	Rest day	Walk for 5 minutes as a warm up. Then complete 8 sets of the following: Run for 3 minutes and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 42 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest day	Rest day	The Big One! Warm up then run for 30 minutes easy and continuous, aim for a steady pace and stay relaxed throughout.
10	Steady 5 minute walk into a 15 minute easy run. End with a 5 minute walk to cool down.	Rest day	Walk for 5 minutes as a warm up. Then complete 7 sets of the following: Run for 4 minutes and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 45 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest day	Aim for a continuous 5k today, I'd recommend popping to your local parkrun for a free, friendly measured 5k event: www.parkrun.org	Rest day

We are now starting to build up your distances, the aim is to get you comfortable running further, this is going to hit one of your stepping stones of this program which is getting you round your first 5k run.

I recommend you have a look into park runs (www.parkrun.org) a free, weekly, fun and friendly 5k event at 9am every Saturday.

There is also the addition of an 'easy' (relatively speaking) run on a Monday. You might be thinking why Monday after doing a run on Sunday. But the aim of the game is to aid recovery. Sometimes the worst thing you can do is nothing after a run. Sitting all day might seem like a good way to recover but it actually makes your muscles tighter.

A short walk or in this case an easy run will increase blood flow to those sore muscles and help them recover quicker. The speed for these runs are a speed that you can hold a conversation at. A very relaxed run, if you feel out of breath, you are running too fast.

Also in this month, try to use your Wednesday session to integrate a bit of speed into your week. Up until now, we have used intervals as a way of breaking up the run, from now though, we want to use them to make you faster and much more likely to succeed at the half marathon.

How much speed should you add? This is totally unique to you, but the aim should be something like a 6/7 out of 10 (if your easy runs are a 4/5 out of 10).

"I feel slow and sluggish"

"I can't run more than 5 minutes"

"I struggle to breathe and run at the same time"

These are all incredibly common and topics I deal with on a daily basis. But how can you improve or make changes?

For everyone who is taking part in Marafun, you are automatically entitled to a 20% discount on a running assessment with RunCamp, in this session we can cover a wide range of topics to help you improve, give you technique tips and even send you away with a video of you running along with what you can put into practise right away to aid your speed, pacing, technique and even how to breathe!

Send an email to info@runcamp.co.uk for further details.

Week 5-9



Fun To Marafun Training Plan

Program for a novice building up to their first Half Marathon



WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest day	Walk for 5 minutes as a warm up. Then complete 7 sets of the following: Run for 4 minutes and Walk for 1 minute. Finish with another 5 minutes walking and stretch at the end. Total time 45 minutes.	Cross Train - 30 minute bike or take another long, steady walk of 30-45 minutes.	Rest day	Rest day	Start of those longer intervals: 45minutes today: Run 20 minutes (2miles), walk 2.5 minutes, repeat twice.
8	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest Day	Hills: Find a reasonable hill which is a short jog from your house. Run up the hill and concentrate on running form, jog down slowly, and repeat continuously for 20minutes.	Recovery Day, try going for a gentle bike ride for half an hour, or use an exercise bike or even just pop out for a 30 minute walk, this all helps the body recover.	Rest Day	Rest Day	Onwards and upwards! 65minutes today: Run 30 minutes (3miles), walk 2.5 minutes, repeat twice.
7	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest Day	Intervals: Warm up fully, then run 0.5 miles (or 4 minutes) at a pace quicker than you would on the day, walk/jog for 0.25 miles (or 2.5 minutes) and repeat four times in total.	Recovery Day, try going for a gentle bike ride for half an hour, or use an exercise bike or even just pop out for a 30 minute walk, this all helps the body recover.	Rest Day	Rest Day	Pushing boundaries! 85 minutes as run for 40 (4miles), walk for 2.5 minutes and repeat twice.
6	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest Day	Hills: Find a reasonable hill which is a short jog from your house. Run up the hill and concentrate on running form, jog down slowly, and repeat continuously for 20minutes.	Recovery Day, try going for a gentle bike ride for half an hour, or use an exercise bike or even just pop out for a 30 minute walk, this all helps the body recover.	Rest Day	Rest Day	Easy week: Run 18 minutes (2miles), walk/jog 9 minutes (1 miles), repeat once more.
5	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest Day	Intervals: Warm up fully, then run 1 miles (or 9 minutes) at a pace quicker than you would on the day, walk/jog for 0.5 miles (or 5 minutes) and repeat three times in total.	Recovery Day, try going for a gentle bike ride for half an hour, or use an exercise bike or even just pop out for a 30 minute walk, this all helps the body recover.	Rest Day	Rest Day	1:15 continuous run, take it steady to start and stay relaxed throughout. (or 8miles)

So hopefully by this point you are starting to get the hang of pacing, we've been doing easy runs and your 5k last month should have been at a relatively tough pace.

We are going to take this a step further this month.

Your easy runs will be at the same speed, but we now introduce interval training.

You'll notice there are distances and times listed, for example Run 20 minutes (2 miles), opt for the time unless you have an accurate way of measuring your distance (e.g. a GPS watch or Smartphone app).

During your intervals (on a Wednesday in the plan) we will be running at a pace close to your target for the half marathon (called half marathon pace). So these intervals aren't at an easy speed, nor are they at maximum speed, they should be completed so that when you have finished the session you still feel like you could have run a couple more intervals if you needed to. If you feel knackered, you have possibly ran them too hard!

We have also changed your cross training day to a recovery session, not compulsory but a good option to go for a steady walk/ride after the interval session and ease those weary legs.

There is also one other session in there too... Hills!

Everyone's favourite worst enemy. Hills are great for improving the power in your stride and it will also help your running technique too providing your focus on your running form (head up, chest out, shoulders back and quick footsteps).

Take it steady to begin with and make sure you rest at the top of the hill each time to catch your breath before running down again.

Enjoy!

Week 1-4



Fun To Marafun Training Plan

Program for a novice building up to their first Half Marathon



WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.		Hills: Find a reasonable hill which is a short jog from your house. Run up the hill and concentrate on running form, jog down slowly, and repeat continuously for 20minutes.	Rest	Rest	Rest Day	1:30 continuous run, take it steady to start and stay relaxed throughout. (or 10miles)
3	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest	Intervals: Warm up fully, then run 2 miles (or 18 minutes) at a pace quicker than you would on the day, walk/jog for 0.5 miles (or 5 minutes) and repeat twice in total.	Rest	Rest	Rest Day	Peak distance! 1:50 continuous run, take it steady and practise your nutrition. (or 12miles)
2	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest	Intervals: Warm up fully, then run 1 mile (or 9 minutes) at a pace quicker than you would on the day, walk/jog for 0.5 miles (or 5 minutes) and repeat four times in total.	Rest	Steady 5 minute walk into a 30 minute easy run. End with a 5 minute walk to cool down.	Rest Day	Steady 1:15 run, easy pace, theres nothing to be gained by going hard today (or 8miles)
1	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest	Steady 5 minute walk into a 20 minute easy run. End with a 5 minute walk to cool down.	Rest	18 minutes total as 3 minutes at a jog pace, 90 seconds at half marathon pace, repeat 4 times.	Rest day - spend 20-30 minutes going through some key stretches.	Marafun Day - Good Luck from the team at Marafun and RunCamp
	REST! Take a long walk or bike ride to aid recovery today. Show everyone your medal!						

Race morning tips:

- * Study the race day information documents, work out where the start/finish/nutrition points are.
- * Plan your race in your head, work out when you want to take on water/nutrition, what your goals are for the event and make sure this month you do a 'race prep' where you do a run dressed and carrying everything you will be on the day.
- * Check the weather and have clothing for all potential possibilities (we all know what the British weather is like!)
- * Relax and take in the atmosphere - Marafun is going to be the most social, friendly and enjoyable half marathon, we will be there to help you through every step of your run.
- * Make sure you eat and drink plenty of water as soon as you finish (this goes for every run) but sometimes the adrenaline when you finish makes you feel less hungry - we don't want you passing out.
- * Finally - Enjoy the day - it's going to be memorable!

Good Luck, Coach Ant.

info@runcamp.co.uk

www.runcamp.co.uk