

Couch to Marathon Challenge

June 2017 to April 2018

BE STRONG

Eat. Move. Live

Rachel and Rick have both included running in their exercise routines. Running is a great way to exercise, its free, and our latest challenge could literally be a life changer for you.

We have put together a training programme to take you from the 'couch' this June, to the Manchester Marathon in April 2018. We can support you to achieve this massive goal – running for 26.2 miles and following in the footsteps of the Greek soldier who ran over 25 miles to Athens, from the battlefields near the town of Marathon, to announce victory over the Persian army in 409 BC.

“GREAT THINGS NEVER CAME FROM COMFORT ZONES”

You will need to prepare and **plan** like never before, eat to your eating **plans**, run every step of your training **plan** and separate this amazing goal from the thousands of other things going on in your life. You will need the total support and understanding of your family and friends.

Please be under no illusion that this is going to be nothing other than the toughest challenge you may ever accept. You will need courage, dedication, focus, determination, bravery, perseverance and conviction – most of all you will need to make sacrifices.

If this even mildly catches your interest, we would like you to '**jump**'. You will learn so much about yourself, and what your mind and body is capable of, along the way.

COUCH TO 5K TRAINING – Commences June 17th 2017							
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	RUN 1			RUN 2		RUN 3	
2	RUN 1			RUN 2		RUN 3	
3	RUN 1			RUN 2		RUN 3	
4	RUN 1			RUN 2		RUN 3	
5	RUN 1			RUN 2		RUN 3	
6	RUN 1			RUN 2		RUN 3	
7	RUN 1			RUN 2		RUN 3	
8	RUN 1			RUN 2		RUN 3	
9	RUN 1			RUN 2		5KM	

5K TO 10K TRAINING – Commences August 21st 2017								
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL WEEK
	MILES			MILES		3.1 MILES		MILES
1	3			4		PARKRUN		10.1
2	3			4		PARKRUN		10.1
3	4			4		PARKRUN		11.1
4	4			4		PARKRUN		11.1
5	4			4		PARKRUN		11.1

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Tot
6	4			5		PARKRUN		12.1
7	4			5		PARKRUN		12.1
8	4			6		PARKRUN		13.1
9	4			5		PARKRUN		12.1
10	4			6		PARKRUN		13.1
11	4			5		PARKRUN		12.1
12	3			4		6.2		13.2

MARATHON TRAINING – Commences November 13th 2017								
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL WEEK
		MILES		MILES		MILES	MILES	MILES
1		4		5		SAT RUNS START ON WEEK 6 – TO BE RAN AT VERY SLOW PACE	6	15
2		4		5	6		15	
3		5		5	7		17	
4		5		5	8		18	
5		5		5	9		19	
6		5		5	3	10	23	
7		5		5	3	11	24	
8		5		5	3	12	25	
9		5		4	3	13.1	25.1	
10		5		5	3	14	27	
11		5		5	3	15	28	
12		5		5	3	13	26	
13		6		6	3	16	31	
14		6		6	3	17	32	
15		6		7	3	18	34	
16		6		7	3	18	34	
17		6		8	3	20	37	
18		6		8	3	18	35	
19		6		8	3	12	29	
20		5		6	3	6	20	
21		4		3		26.2	33.2	

Finishes at the Manchester Marathon – awaiting confirmation of the actual date although highly likely to be April 8th 2018 - <http://www.greatermanchestermarathon.com>

To register your interest with Be Strong please complete the form at:
<https://goo.gl/forms/l4PRwCMmdZnVbOQH3> (This is not an application for the marathon – you will apply for your place in the marathon in Jan 2018)