



Training Plan

MBNA CHESTER MARATHON

Marathon Training Schedule – Novice

1. It is assumed that you are in a routine of running three times a week and that you can already run 6 miles.
2. One of these runs should increase gradually over the weeks to build up your endurance and should be an easy run.
3. Run days are followed by rest/recovery days to allow your training to have optimal effect.
4. Every fourth week is a lower mileage recovery week.
5. Ideally, long runs are followed the next day by a lactic-busting “pootle” but this could also be a swim or lazy bike or even a brisk walk!
6. During the week feel free to mix it up with hills and efforts. We suggest the Thursday run is undertaken at race pace.
7. Please note these are just general principles and not set in stone. Feel free to tweak!



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Week commencing	Tuesday	Thursday	Weekend
1 June	3 miles	4 miles	7 miles (Training Run)
8 June	3 miles	4 miles	8 miles
15 June	3 miles	5 miles	10K - Sport in the Port!
22 June	3 miles	5 miles	9 miles
29 June	4 miles	6 miles	10 miles (Training Run)
6 July	5 miles	6 miles	11 miles
13 July	6 miles	7 miles	12 miles
20 July (recovery)	4 miles	7 miles	10 miles
27 July	5 miles	8 miles	13 miles (Training Run)
3 August	6 miles	8 miles	Half Marathon race
10 August	6 miles	9 miles	14 miles
17 August (recovery)	5 miles	9 miles	12 miles
24 August	6 miles	10 miles	16 miles
31 August	6 miles	10 miles	18 miles (Training Run)
7 September	6 miles	10 miles	18/20 miles
14 September (taper)	6 miles	8 miles	15 miles
21 September (taper)	5 miles	6 miles	10 miles (Training Run)
28 September (taper)	3 miles	2 mile	26.2 miles Race Day Good times!

