



Essar Chester 2017 Half Marathon Improver Training Schedule

General principles:-

1. Cross Training can be swimming, gym, yoga etc
2. Tuesday speed session of 400m blocks should be run at 5k race pace and should be preceded by at least 1 mile run warm up and followed by a similar warm down. Hill sessions – find a hill and climb it several times, jogging down as a recovery.
3. Thursday runs should be at target race pace
4. Sunday run should be paced at least 30 secs per mile slower than target race pace

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Jan							7 miles Training Run and Seminar
6 Feb	Rest	4 x 400m	Cross Training (CT) or 4m easy	4 miles race pace	CT or 4m easy	4 miles	7 miles
13 Feb	Rest	35 min hard	Cross Training or 4m easy	4 miles race pace	CT or 4m easy	4 miles	8 miles
20 Feb	Rest	5 x 400m	Cross Training or 4m easy	4 miles race pace	CT or 4m easy	4 miles	8 miles
27 Feb Recovery Week	Rest	35 min hard	Cross Training or 4m easy	4 miles race pace	CT or 4m easy	4 miles	7 miles
6 Mar	Rest	6 x 400m	Cross Training or 4m easy	5 miles race pace	CT or 4m easy	5 miles	8 miles Training Run
13 Mar	Rest	45 min hills	Cross Training or 4m easy	5 miles race pace	CT or 4m easy	5 miles	9 miles
20 Mar	Rest	6 x 400m	Cross Training or 4m easy	5 miles race pace	CT or 4m easy	5 miles	10K race
27 Mar	Rest	30 min hills	Cross Training or 4m easy	5 miles race pace	CT or 4m easy	4 miles	10 miles Training Run
3 Apr Recovery Week	Rest	6 x 400m	Cross Training or 4m easy	6 miles race pace	CT or 4m easy	6 miles	8 miles
10 Apr	Rest	45 min hills	Cross Training or 4m easy	6 miles race pace	CT or 4m easy	6 miles	10 miles
17 Apr	Rest	7 x 400m	Cross Training or 4m easy	6 miles race pace	CT or 4m easy	6 miles	11 miles

24 Apr	Rest	45 min hard	Cross Training or 4m easy	7 miles race pace	CT or 4m easy	6 miles	12 miles
1 May	Rest	8 x 400m	Cross Training or 4m easy	7 miles race pace	CT or 4m easy	6 miles	12 miles Training Run and "2 Weeks To Go" Seminar
8 May	Rest	45 min hills	Cross Training or 4m easy	6 miles race pace	CT or 4m easy	5 miles	10 miles
15 May	Rest	2 x 400m	Rest	3 miles race pace	Rest	1 mile jog	Race Day!