



Essar Chester 2017 Half Marathon Novice Training Schedule

1. It is assumed that you already have a routine of running three times a week. One of these will gradually increase over the weeks to build up your endurance.
2. Run days should be followed by rest/recovery days to allow your training to have optimal effect.
3. Every few weeks there is a lower mileage recovery week.
4. Long runs should be run at 30+ seconds slower than your target race pace and ideally be followed the next day by a lactic-busting "pootle" but this could also be a swim or lazy bike or even a brisk walk!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginning							
30 Jan							4 miles Training Run and Seminar
6 Feb	Rest	2 miles	Rest	2 miles	Rest	30 mins easy	5 miles
13 Feb	Rest	3 miles	Rest	3 miles	Rest	30 mins easy	6 miles
20 Feb	Rest	3 miles	Rest	3 miles	Rest	30 mins easy	6 miles
27 Feb	Rest	2 miles	Recovery Week	2 miles	Rest	30 mins easy	5 miles
6 Mar	Rest	3 miles	Rest	3 miles	Rest	30 mins easy	7 miles Training Run
13 Mar	Rest	4 miles	Rest	4 miles	Rest	30 mins easy	8 miles
20 Mar	Rest	4 miles	Rest	4 miles	Rest	30 mins easy	8 miles
27 Mar	Rest	4 miles	Rest	4 miles	Rest	30 mins easy	9 miles Training Run
3 Apr	Rest	3 miles	Recovery Week	3 miles	Rest	30 mins easy	7 miles
10 Apr	Rest	5 miles	Rest	5 miles	Rest	30 mins easy	10 miles
17 Apr	Rest	5 miles	Rest	5 miles	Rest	30 mins easy	10 miles
24 Apr	Rest	5 miles	Rest	5 miles	Rest	30 mins easy	11 miles
1 May	Rest	5 miles	Rest	5 miles	Rest	30 mins easy	12 miles Training Run and "Two Weeks To Go" Seminar
8 May	Rest	5 miles	Rest	5 miles	Rest	30 mins easy	8 miles
15 May	Rest	20 mins easy	Rest	20 mins easy	Rest	1 mile easy or rest	Race Day