



Essar Chester 2017 Half Marathon Advanced Training Schedule

General principles:-

1. Short, relaxing lactic acid busting jogs are worth their weight in gold as is a swim to get the kinks out of your legs. Or gym if you prefer.
2. Tuesday speed session of 400/800m 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 with attitude. Then do it again....and again!
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 & recovery	4 x 400	5 miles easy	5 miles race pace	Jog or CT	4-6 miles steady	8 miles
13 Feb	Rest & recovery	35 min hard	5 miles easy	5 miles race pace	Jog or CT	4-6 miles steady	8 miles Off road
20 Feb	Rest & recovery	5 x 400	5 miles easy	6 miles race pace	Jog or CT	4-6 miles steady	9 miles
27 Feb Recovery Week	Rest & recovery	35 min hard	5 miles easy	4 miles race pace	Jog or CT	4-6 miles steady	7 miles Off road
6 Mar	Rest & recovery	3 x 800	5 miles easy	6 miles race pace	Jog or CT	4-6 miles steady	9 miles Training Run
13 Mar	Rest & recovery	45 min hills	5 miles easy	7 miles race pace	Jog or CT	4-6 miles steady	10 miles
20 Mar	Rest & recovery	6 x 400	5 miles easy	7 miles race pace	Jog or CT	4-6 miles steady	10K race
27 Mar	Rest & recovery	30 min hills	5 miles easy	7 miles race pace	Jog or CT	4-6 miles steady	10 miles Training Run
3 Apr Recovery Week	Rest & recovery	7 x 400	5 miles easy	5 miles race pace	Jog or CT	4-6 miles steady	8 miles
10 Apr	Rest & recovery	45 min hills	5 miles easy	8 miles race pace	Jog or CT	4-6 miles steady	10 miles
17 Apr	Rest & recovery	4 x 800	5 miles easy	8 miles race pace	Jog or CT	4-6 miles steady	11 miles

24 Apr	Rest & recovery	45 min hard	5 miles easy	9 miles race pace	Jog or CT	4-6 miles steady	12 miles
1 May	Rest & recovery	8 x 400	5 miles easy	9 miles race pace	Jog or CT	4-6 miles steady	12 miles Training Run and "2 Weeks To Go" Seminar
8 May	Rest & recovery	45 min hills	5 miles easy	8 miles race pace	Jog or CT	4-6 miles steady	10 miles
15 May	Rest & recovery	2 x 400	Rest	4 miles race pace	Rest	1 mile jog	Race Day!