



## Chester Half Marathon Novice Training Schedule 2018

### General Principles:

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. Try to drop your long run mileage every fourth week as this is vital to keep you fresh and on track.
4. Long runs should be run at a speed when you can maintain a conversation 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! This slower pace for long runs is really important as running them at race pace will tire you out needlessly, compromise your other runs and invite injury.

### Please note:

This is (inevitably) a generic training plan. No one size fits all so it is important you tailor it to suit your own personal circumstances and goals.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan							3 miles  Training Run and Seminar

8 Jan	20 mins		2 miles		3 miles		4 miles
15 Jan	20 mins		3 miles		3 miles		5 miles
22 Jan	20 mins	<b>Recovery</b>	3 miles	<b>Week</b>	3 miles		4 miles
29 Jan	20 mins		3 miles		4 miles		6 miles <b>Training Run</b>
5 Feb	20 mins		4 miles		4 miles		7 miles
12 Feb	30 mins		4 miles		4 miles		8 miles
19 Feb	20 mins	<b>Recovery</b>	4 miles	<b>Week</b>	4 miles		6 miles
26 Feb	30 mins		3 miles		3 miles		<b>Chester 10K Race!</b>
5 Mar	30 mins		5 miles		4 miles		8 miles <b>Training Run</b>
12 Mar	30 mins		5 miles		5 miles		9 miles
19 Mar	20 mins	<b>Recovery</b>	4 miles	<b>Week</b>	4 miles		8 miles
26 Mar	30 mins		5 miles		5 miles		10 miles <b>Training Run</b>
2 April	30 mins		5 miles		5 miles		11 miles
9 April	30 mins		5 miles		5 miles		12 miles <b>Training Run and Seminar</b>
16 April	30 mins		5 miles		5 miles		8 miles
23 April	30 mins		20 mins easy		20 mins easy		<b>Race Day!</b>