



## **Chester Half Marathon Advanced Training Schedule 2018**

### **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 at conversational pace

### **Plesae 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.

CT – Cross Training

<b>Week Beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1 Jan							6 miles <b>Training Run and Seminar</b>
8 Jan	Rest & recovery	4 x 400	5 miles easy	5 miles race pace	Jog or CT	4-6 miles steady	8 miles
15 Jan	Rest & recovery	35 min hard	5 miles easy	5 miles race pace	Jog or CT	4-6 miles steady	9 miles Off road
22 Jan	Rest & recovery	5 x 400	5 miles easy	6 miles race pace	Jog or CT	4-6 miles steady	10 miles
29 Jan <b>Recovery Week</b>	Rest & recovery	35 min hard	5 miles easy	4 miles race pace	Jog or CT	4-6 miles steady	8 miles <b>Training Run</b>
5 Feb	Rest & recovery	3 x 800	5 miles easy	6 miles race pace	Jog or CT	4-6 miles steady	9 miles
12 Feb	Rest & recovery	45 min hills	5 miles easy	7 miles race pace	Jog or CT	4-6 miles steady	10 miles
19 Feb <b>Recovery Week</b>	Rest & recovery	6 x 400	5 miles easy	5 miles race pace	Jog or CT	4-6 miles steady	8 miles
26 Feb	Rest & recovery	30 min hills	5 miles easy	4 miles race pace	Jog or CT	4-6 miles steady	<b>Chester 10K Race!</b>
5 Mar	Rest & recovery	7 x 400	5 miles easy	7 miles race pace	Jog or CT	4-6 miles steady	10 miles <b>Training Run</b>
12 Mar	Rest & recovery	45 min hills	5 miles easy	8 miles race pace	Jog or CT	4-6 miles steady	13 miles
19 Mar <b>Recovery Week</b>	Rest & recovery	4 x 800	5 miles easy	8 miles race pace	Jog or CT	4-6 miles steady	10 miles

26 Mar	Rest & recovery	45 min hard	5 miles easy	9 miles race pace	Jog or CT	4-6 miles steady	12 miles <b>Training Run</b>
2 April	Rest & recovery	8 x 400	5 miles easy	9 miles race pace	Jog or CT	4-6 miles steady	13 miles
9 April	Rest & recovery	45 min hills	5 miles easy	8 miles race pace	Jog or CT	4-6 miles steady	12 miles <b>Training Run and Seminar</b>
16 April	Rest & recovery	4 x 800	5 miles easy	8 miles race pace	Jog or CT	4-6 miles steady	10 miles
23 April	Rest & recovery	2 x 400	5 miles easy	4 miles race pace	1 mile jog	1 mile jog	<b>Race Day!</b>