



## **Chester 10K novice training schedule 2018**

General principles:

1. It is assumed that you are able to run three times a week. One of these (assumed to be Sunday) will gradually increase over the weeks to build up your endurance and should be run at conversational pace.
2. Run days should be followed by rest/recovery days (Tuesday, Thursday, Saturday) to allow your training to have optimal effect whilst Monday is an “active rest/recovery” day which could feature a gentle jog, a swim, a lazy bike ride or even a brisk walk.
3. Wednesday is a brisk run.
4. Friday is a steady run.
5. Try to drop your long run mileage every fourth week as this is vital to keep you fresh and on track.

<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	Easy		Brisk		Steady		3 miles <b>Training run and seminar</b>
8 Jan			1.5 miles		1.5 miles		3.5 miles
15 Jan			2 miles		2 miles		4 miles
22 Jan <b>Recovery Week</b>			2 miles		2 miles		3.5 miles
29 Jan			2 miles		2 miles		4.5 miles <b>Training run</b>
5 Feb			2 miles		2 miles		5 miles
12 Feb			3 miles		3 miles		5.5 miles
19 Feb <b>Recovery Week</b>			3 miles		3 miles		5 miles
26 Feb			2 miles		Rest		<b>Chester 10K race!</b>