



Essar Chester 2019 Half Marathon Training Schedule - novice

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 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.
5. One of your runs in the week should be used to practice your intended race pace.

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
28 Jan							4 miles Training Run & Seminar
4 Feb	20 mins		4 miles		4 miles		5 miles
11 Feb	30 mins		4 miles		4 miles		6 miles
18 Feb Recovery Week	30 mins		3 miles		3 miles		5 miles
25 Feb	30 mins		4 miles		4 miles		7 miles Training run
4 March	30 mins		5 miles		4 miles		8 miles or Chester 10K
11 March	30 mins		5 miles		4 miles		9 miles
18 March Recovery week	30 mins		4 miles		4 miles		8 miles
25 March	30 mins		5 miles		5 miles		9 miles
1 April	30 mins		5 miles		5 miles		10 miles Training Run
8 April	30 mins		5 miles		5 miles		11 miles
15 April Recovery week	30 mins		4 miles		4 miles		10 miles
22 April	30 mins		5 miles		5 miles		11 miles
29 April	30 mins		5 miles		5 miles		12 miles Training Run & Seminar
6 May	30 mins		5 miles		5 miles		8 miles
13 May	30 mins		20 mins easy		20 mins easy		RACE DAY ☺