



Essar Chester 2019 Half Marathon Training Schedule - improver

General Principles:

1. Cross Training (CT) can be swimming, gym etc
2. Tuesday speed session of 400m 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 several times, jogging down as a recovery.
3. Thursday runs should be at target race pace
4. Sunday run should be at a conversational 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							6 miles Training Run & Seminar
4 Feb	2 miles jog	4 x 400	Cross Training (CT)	4 miles race pace	CT	Rest	7 miles
11 Feb	2 miles jog	35 mins hard	Cross Training	4 miles race pace	CT	Rest	8 miles
18 Feb Recovery Week	2 miles jog	5 x 400	Cross Training	3 miles race pace	CT	Rest	7 miles
25 Feb	2 miles jog	35 mins hard	Cross Training	5 miles race pace	CT	Rest	8 miles Training Run
4 Mar	2 miles jog	6 x 400	Cross Training	4 miles race pace	CT	Rest	9 miles or Chester 10K
11 March	2 miles jog	45 min hills	Cross Training	5 miles race pace	CT	Rest	10 miles
18 March Recovery Week	2 miles jog	6 x 400	Cross Training	4 miles race pace	CT	Rest	9 miles
25 March	2 miles jog	30 min hills	Cross Training	5 miles race pace	CT	Rest	11 miles or race a 10K
1 April	2 miles jog	6 x 400	Cross Training	6 miles race pace	CT	Rest	10 miles Training Run
8 April	2 miles jog	45 min hills	Cross Training	6 miles race pace	CT	Rest	12 miles
15 April Recovery week	2 miles jog	5 x 400	Cross Training	5 miles race pace	CT	Rest	10 miles

22 April	2 miles jog	45 mins hard	Cross Training	6 miles race pace	CT	Rest	13 miles
29 April	2 miles jog	8 x 400	Cross Training	6 miles race pace	CT	Rest	12 miles Training Run & Seminar
6 May	2 miles jog	45 min hills	Cross Training	6 miles race pace	CT	Rest	10 miles
13 May	Rest	2 x 400	Cross Training	3 miles race pace	1 mile jog	1 mile jog	RACE DAY ☺