



THE MBNA CHESTER METRIC MARATHON TRAINING PLAN 2024

- It is assumed you have competed in at least one half marathon and you are moving on to a challenge beyond that distance.
- General Principles:-
 1. Cross Training 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 paced at least 30 secs per mile slower than target race pace.
 5. Three recovery weeks are included to allow your training to have optimal effect.
- If you're local to Chester we recommend you get involved in our **group training runs**. They take place on the 1st Sunday of each month and are aligned with this training plan. **For more information visit the training run section on our website. Training run dates: 2nd June, 7th July, 4th August and 1st September.**



WEEK 1- W/C 27TH MAY

TRAINING RUN

6 MILES

WEEK 2 - W/C 3RD JUNE

MON	REST
TUE	4 x 400
WED	CROSS TRAINING
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	7 MILES

WEEK 3 - W/C 10TH JUNE

MON	REST
TUE	35 min (H)
WED	CROSS TRAINING
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	8 MILES

WEEK 4 - W/C 17TH JUNE

MON	REST
TUE	5 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	PARKRUN
SUN	9 MILES

WEEK 5 - W/C 24TH JUNE

MON	REST
TUE	23 min (H)
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	10 MILES

WEEK 6 - W/C 1ST JULY

MON	REST
TUE	5 x 400
WED	CROSS TRAIN
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	TRAINING RUN 9 MILES

WEEK 7 - W/C 8TH JULY

MON	REST
TUE	45 mins Hills
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	10 MILES

WEEK 8 - W/C 15TH JULY

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	10K RACE

Local training runs (Chester)
2nd June, 7th July, 4th Aug &
1st September
RACE DAY 6th October

Rest/Recovery weeks where we
reduce the mileage

WEEK 9- W/C 22ND JULY

MON	REST
TUE	30 mins Hills
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	PARKRUN
SUN	12 MILES

WEEK 10 - W/C 29TH JULY

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	TRAINING RUN 11 MILES

WEEK 11 - W/C 5TH AUGUST

MON	REST
TUE	45 mins Hills
WED	CROSS TRAINING
THU	6 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	12 MILES

WEEK 12 - W/C 12TH AUGUST

MON	REST
TUE	6 MILES (RP)
WED	CROSS TRAINING
THU	6 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	13 MILES

WEEK 13 - W/C 19TH AUGUST

MON	REST
TUE	45 mins (H)
WED	CROSS TRAINING
THU	6 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	14 MILES

WEEK 14 - W/C 26TH AUGUST

MON	REST
TUE	8 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	PARKRUN
SUN	TRAINING RUN 13 MILES

WEEK 15 - W/C 2ND SEPT

MON	REST
TUE	30 mins Hills
WED	CROSS TRAINING
THU	7 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	14 MILES

WEEK 16 - 9TH SEPT

MON	REST
TUE	8 x 400
WED	CROSS TRAINING
THU	7 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	15 MILES

Local training runs (Chester)
2nd June, 7th July, 4th Aug &
1st September
RACE DAY 6th October

Rest/Recovery weeks where we
reduce the mileage

WEEK 17- W/C 16TH SEPT

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	12 MILES

WEEK 18 - W/C 23RD SEPT

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	5 MILES (EASY)
FRI	REST
SAT	5 MILES (EASY)
SUN	TRAINING RUN 10 MILES

WEEK 19 - W/C 30TH SEPT

MON	REST
TUE	2 x 400
WED	CROSS TRAINING
THU	2 MILES (EASY)
FRI	REST
SAT	1 MILE (JOG) OR REST
SUN	RACE DAY 26.2 KM

Local training runs (Chester)
2nd June, 7th July, 4th Aug &
1st September
RACE DAY 6th October

Rest/Recovery weeks where we
reduce the mileage

