



## THE MBNA CHESTER MARATHON NOVICE TRAINING PLAN 2024

- It is assumed that you are in a routine of running three times a week and that you can already run 6 miles.
- One of these runs should increase gradually over the weeks to build up your endurance and should be an easy run.
- Run days are followed by rest/recovery days to allow your training to have optimal effect.
- Periodically allow yourself a lower mileage recovery week.
- Ideally, long runs are followed the next day by a lactic-busting “pootle” but this could also be a swim, or lazy bike, or even a brisk walk!
- During the week feel free to mix it up with hills and efforts. We suggest the Thursday run is undertaken at a race pace.
- Please bear in mind this is a basic, generic schedule which, as such, may not exactly fit your specific needs. Feel free to tweak!
- 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.**



Run days should always be followed by a rest/recovery day to allow your training to have optimal effect. Our suggested run days are Tue, Thu & Sun

## WEEK 1- W/C 27TH MAY

**TRAINING RUN** **6 MILES**

## WEEK 2 - W/C 3RD JUNE

RUN 1	3 MILES
RUN 2	4 MILES
RUN 3	7 MILES

## WEEK 3 - W/C 10TH JUNE

RUN 1	3 MILES
RUN 2	5 MILES
RUN 3	8 MILES

## WEEK 4 - W/C 17TH JUNE

RUN 1	3 MILES
RUN 2	5 MILES
RUN 3	9 MILES

## WEEK 5 - W/C 24TH JUNE

RUN 1	4 MILES
RUN 2	6 MILES
RUN 3	10 MILES

## WEEK 6 - W/C 1ST JULY

RUN 1	5 MILES
RUN 2	6 MILES
<b>RUN 3 (TRAINING RUN)</b>	<b>11 MILES</b>

## WEEK 7 - W/C 8TH JULY

RUN 1	6 MILES
RUN 2	7 MILES
RUN 3	12 MILES

## WEEK 8 - W/C 15TH JULY

RUN 1	4 MILES
RUN 2	5 MILES
RUN 3	11 MILES

## WEEK 9 - WC 22ND JULY

RUN 1	6 MILES
RUN 2	8 MILES
RUN 3	14 MILES

## WEEK 10 - WC 29TH JULY

RUN 1	6 MILES
RUN 2	8 MILES
<b>RUN 3 (TRAINING RUN)</b>	<b>16 MILES</b>

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

Rest/Recovery weeks where we  
reduce the mileage

Run days should always be followed by a rest/recovery day to allow your training to have optimal effect. Our suggested run days are Tue, Thu & Sun

## WEEK 11- W/C 5TH AUGUST

RUN 1	6 MILES
RUN 2	9 MILES
RUN 3	17 MILES

## WEEK 12 - W/C 12TH AUGUST

RUN 1	5 MILES
RUN 2	7 MILES
RUN 3	15 MILES

## WEEK 13 - W/C 19TH AUGUST

RUN 1	6 MILES
RUN 2	10 MILES
RUN 3	18 MILES

## WEEK 14 - 26TH AUGUST

RUN 1	6 MILES
RUN 2	10 MILES
RUN 3 (TRAINING RUN)	19 MILES

## WEEK 15 - W/C 2ND SEPT

RUN 1	6 MILES
RUN 2	10 MILES
RUN 3	20 MILES

## WEEK 16 - W/C 9TH SEPT

RUN 1	6 MILES
RUN 2	10 MILES
RUN 3	20 MILES

## WEEK 17 - W/C 16TH SEPT

RUN 1	6 MILES
RUN 2	8 MILES
RUN 3	15 MILES

## WEEK 18 - W/C 23RD SEPT

RUN 1	5 MILES
RUN 2	6 MILES
RUN 3 (TRAINING RUN)	10 MILES

## WEEK 19 - WC 30TH SEPT

RUN 1	3 MILES
RUN 2	2 MILES
RUN 3 - RACE DAY	26.2 MILES

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2nd June, 7th July, 4th Aug &  
1st September  
RACE DAY 6th October

Rest/Recovery weeks where we  
reduce the mileage.