



THE MBNA CHESTER MARATHON IMPROVER TRAINING PLAN 2024

- This schedule is aimed at individuals who have done a marathon before and have completed a half marathon recently, enabling them to start with a 10 mile long run. Please bear in mind this is a generic schedule which you may well have to tweak in line with your particular circumstances.
- One of your runs (customarily on a Sunday) will gradually increase over the weeks to build up your endurance. It should be an easy run 30-60 secs per mile slower than your intended race pace.
- Other key sessions involve hills (H) eg. run to hill as warm up then 8 x 30 secs uphill with jog down recovery) and efforts (F) eg. warm up then 5 x 1 mile with 90 secs jog recovery in between. Also time trials (TT).
- Suggest the Thursday run is at your intended race pace (RP).
- Use parkruns, 10K, and Half Marathon races as extra speed sessions.
- Some run days are followed by rest/recovery days to allow your training to have optimal effect.
- Two recovery weeks are included to further optimise your training.
- 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

10 MILES

WEEK 2 - W/C 3RD JUNE

MON	REST
TUE	6 MILES (H)
WED	5 MILES (EASY)
THU	6 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	11 MILES

WEEK 3 - W/C 10TH JUNE

MON	REST
TUE	6 MILES (H)
WED	5 MILES (EASY)
THU	6 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	12 MILES

WEEK 4 - W/C 17TH JUNE

MON	REST
TUE	6 MILES (F)
WED	6 MILES (EASY)
THU	6 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	13 MILES

WEEK 5 - W/C 24TH JUNE

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	6 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	14 MILES

WEEK 6 - W/C 1ST JULY

MON	REST
TUE	6 MILES (F)
WED	6 MILES (EASY)
THU	7 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	TRAINING RUN 15 MILES

WEEK 7 - W/C 8TH JULY

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	8 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	6 MILES (EASY)
SUN	16 MILES

WEEK 8 - W/C 15TH JULY

MON	REST
TUE	4 MILES (f)
WED	4 MILES (EASY)
THU	6 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	10K (TT)
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 9- W/C 22ND JULY

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	6 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	17 MILES

WEEK 10 - W/C 29TH JULY

MON	REST
TUE	6 MILES (F)
WED	5 MILES (EASY)
THU	10 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	PARKRUN
SUN	TRAINING RUN 18 MILES

WEEK 11 - W/C 5TH AUGUST

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	10 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	6 MILES (EASY)
SUN	11 MILES

WEEK 12 - W/C 12TH AUGUST

MON	REST
TUE	4 MILES (F)
WED	4 MILES (EASY)
THU	8 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	10K (TT)
SUN	18 MILES

WEEK 13 - W/C 19TH AUGUST

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	12 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	6 MILES (EASY)
SUN	20 MILES

WEEK 14 - W/C 26TH AUGUST

MON	REST
TUE	6 MILES (F)
WED	6 MILES (EASY)
THU	12 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	6 MILES (EASY)
SUN	TRAINING RUN 20 MILES

WEEK 15 - W/C 2ND SEPT

MON	REST
TUE	6 MILES (F)
WED	6 MILES (EASY)
THU	12 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	6 MILES (EASY)
SUN	20 MILES

WEEK 16 - 9TH SEPT

MON	REST
TUE	6 MILES (F)
WED	6 MILES (EASY)
THU	12 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	PARKRUN
SUN	20/22 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	5 MILES (F)
WED	6 MILES (EASY)
THU	8 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	15 MILES

WEEK 18 - W/C 23RD SEPT

MON	REST
TUE	4 MILES (F)
WED	5 MILES (EASY)
THU	6 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	4 MILES (EASY)
SUN	TRAINING RUN 10 MILES

WEEK 19 - W/C 30TH SEPT

MON	REST
TUE	2 MILES + 1 MILE (RP)
WED	REST
THU	3 MILES (EASY)
FRI	REST
SAT	1 MILE (EASY) OR REST
SUN	RACE DAY 26.2 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

