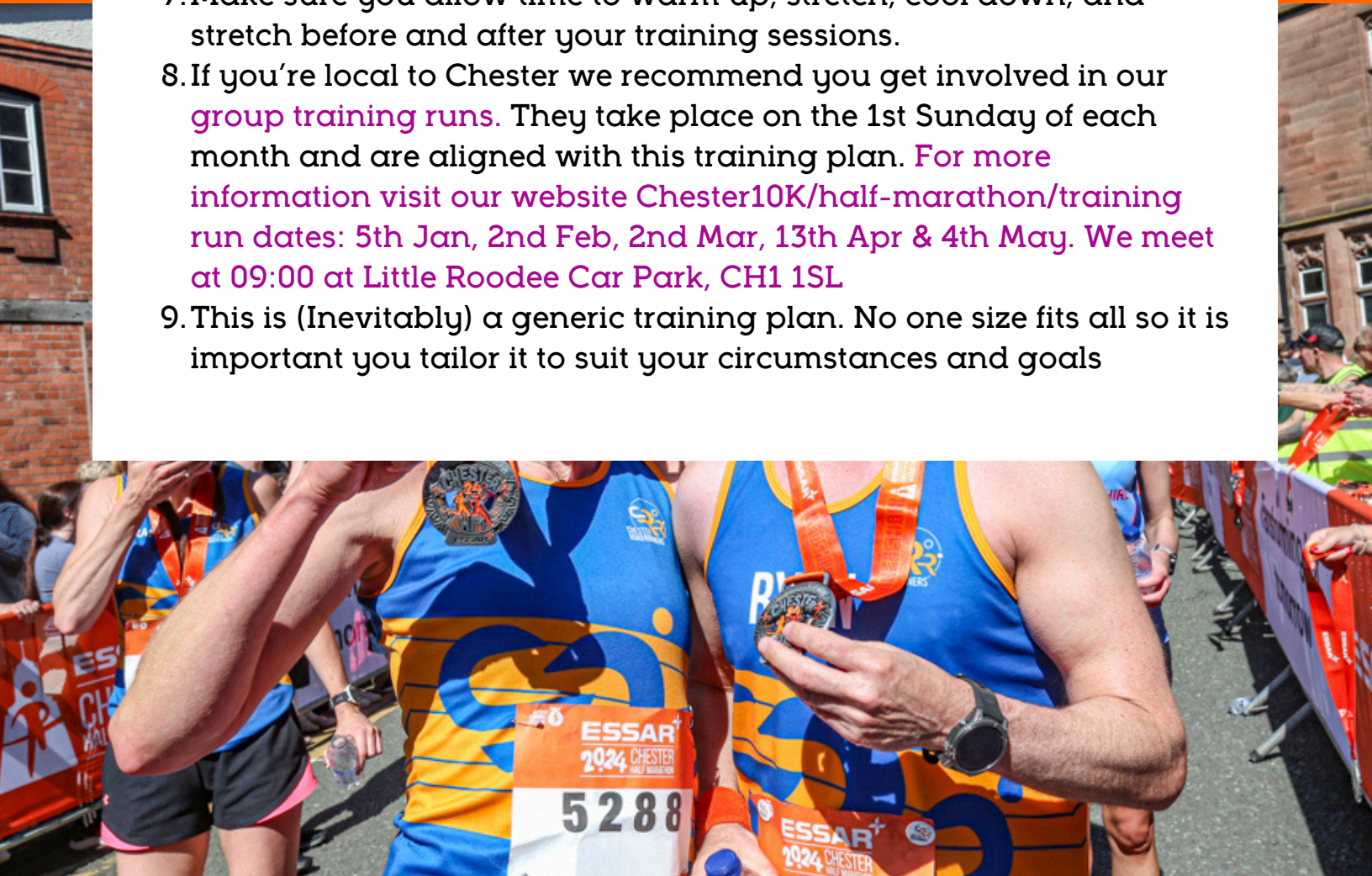


THE ESSAR CHESTER HALF MARATHON IMPROVER TRAINING PLAN 2025

1. Cross Training = CT which can be swimming or gym etc.
2. Tuesday's Speed Session of 400/800m blocks etc. should be run at a 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 gill and climb it several times, jogging down as a recovery. Don't forget the warm-up and cool-down (as per the speed sessions)
3. Thursday's runs should be targeted at race pace.
4. Sunday's run should be at a conversational pace.
5. Every fourth week is a **recovery week**. This will help you to stay fresh.
6. The day after your long run (Monday) should be a gentle jog.
7. Make sure you allow time to warm up, stretch, cool down, and stretch before and after your training sessions.
8. 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 our website [Chester10K/half-marathon/training](https://www.chester10k.co.uk/half-marathon/training) run dates: 5th Jan, 2nd Feb, 2nd Mar, 13th Apr & 4th May. We meet at 09:00 at Little Roodee Car Park, CH1 1SL**
9. This is (Inevitably) a generic training plan. No one size fits all so it is important you tailor it to suit your circumstances and goals



WEEK 1- W/C 30TH JAN

M.		
T.		
W.		
T.		
F.		
S.		
S	TRAINING RUN	5 MILES

WEEK 2- W/C 6TH JAN

M.	JOG	2 MILES
T.	SPEED SESSION	4 x 400M
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	LONGER RUN	6 MILES

WEEK 3- W/C 13TH JAN

M.	JOG	2 MILES
T.	SPEED SESSION	35 MINS
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	LONGER RUN	7 MILES

WEEK 4- W/C 20TH JAN

M.	JOG	2 MILES
T.	SPEED SESSION	5 x 400M
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	LONGER RUN	6 MILES

WEEK 5- W/C 27TH JAN

M.	JOG	2 MILES
T.	SPEED SESSION	35 MINS
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	LONGER RUN	7 MILES

WEEK 6- W/C 3RD FEB

M.	JOG	2 MILES
T.	SPEED SESSION	4 x 400M
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	LONGER RUN	8 MILES

WEEK 7- W/C 10TH FEB

M.	JOG	2 MILES
T.	HILL RUNNING	45 MINS
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	LONGER RUN	9 MILES

WEEK 8- W/C 17TH FEB

M.	JOG	2 MILES
T.	SPEED SESSION	6 x 400M
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	LONGER RUN	8 MILES

WEEK 9- W/C 24TH FEB

M.	JOG	2 MILES
T.	HILL TRAINING	45 MINS
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	TRAINING RUN	9 MILES

WEEK 10- W/C 3RD MAR

M.	JOG	2 MILES
T.	SPEED SESSION	6 x 400M
W.	CT	
T.	RUN	4 MILES
F.	CT	
S.	REST	
S	CHESTER 10K OR RUN	10 MILES

WEEK 11- W/C 10TH MAR

M.	JOG	2 MILES
T.	HILL TRAINING	45 MINS
W.	CT	
T.	RUN	6 MILES
F.	CT	
S.	REST	
S	LONGER RUN	11 MILES

WEEK 12- W/C 17TH MAR

M.	JOG	2 MILES
T.	SPEED SESSION	7 x 400M
W.	CT	
T.	RUN	6 MILES
F.	CT	
S.	REST	
S	LONGER RUN	10 MILES

WEEK 13- W/C 24TH MAR

M.	JOG	2 MILES
T.	SPEED SESSION	45 MINS
W.	CT	
T.	RUN	6 MILES
F.	CT	
S.	REST	
S	LONGER RUN	11 MILES

WEEK 14- W/C 31ST MAR

M.	JOG	2 MILES
T.	SPEED SESSION	8 x 400M
W.	CT	
T.	RUN	7 MILES
F.	CT	
S.	REST	
S	LONGER RUN	12 MILES

WEEK 15- W/C 7TH APR

M.	JOG	2 MILES
T.	HILL TRAINING	45 MINS
W.	CT	
T.	RUN	7 MILES
F.	CT	
S.	REST	
S	TRAINING RUN	12 MILES

WEEK 16- W/C 14TH APR

M.	JOG	2 MILES
T.	SPEED SESSION	5 x 400M
W.	CT	
T.	RUN	7 MILES
F.	CT	
S.	REST	
S	LONGER RUN	10 MILES

WEEK 17- W/C 21ST APR

M.	JOG	2 MILES
T.	SPEED SESSION	6 x 400M
W.	CT	
T.	RUN	7 MILES
F.	CT	
S.	REST	
S.	LONGER RUN	12 MILES

WEEK 18- W/C 28TH APR

M.	JOG	2 MILES
T.	HILL TRAINING	45 MINS
W.	CT	
T.	RUN	7 MILES
F.	CT	
S.	REST	
S.	TRAINING RUN	12/13 MILES

WEEK 19- W/C 5TH MAY

M.	JOG	2 MILES
T.	SPEED SESSION	4 x 400M
W.	CT	
T.	RUN	5 MILES
F.	CT	
S.	REST	
S.	LONGER RUN	10 MILES

WEEK 20- W/C 12TH MAY

M.	REST	
T.	SPEED SESSION	2 x 400M
W.	X TRAINING	
T.	RUN	2 MILES
F.	JOG	1 MILE
S.	JOG	1 MILE
S.	RACE DAY	13 MILES

Local training runs (Chester) 5th Jan, 2nd Feb, 2nd Mar, 13th Apr & 4th May
RACE DAY 18th May

Rest/Recovery weeks where we reduce the mileage.