



MBNA CHESTER 10K NOVICE TRAINING PLAN 2025

1. Our novice plan starts with one mile runs; don't feel under pressure to run the whole distance, a combination of walking and running will be fine. Over the weeks you will find the walk breaks will reduce.
2. The runs will gradually increase over the weeks to build up your endurance. The final run of each week should be run at an easy/conversational pace.
3. Once you've settled into a routine and built up a base of running fitness we suggest you 'beef up' your 'runs 1 & 2' each week as this will bring you on faster.
4. Run days should always be followed by a rest/recovery day to allow your training to have optimal effect. Our suggestion is Wed/Fri/Sun for runs - you can add in an 'active rest/recovery' day which could feature a gentle jog, swim, lazy bike ride, or yoga/workout session.
5. Run 1 each week is a brisk run eg RPE 6 (see table below)
6. Run 2 each week is a steady run eg RPE 4 (see table below)
7. Try to drop your long run mileage every fourth week as this is vital to keep you fresh and on track.
8. Make sure you allow time to warm up, stretch, cool down, and stretch before and after your training sessions.
9. 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/Trainingruns](https://www.chester10k.com/trainingruns) dates: 5th Jan, 2nd Feb & 2nd March.** We meet at 09:00 at Little Roodee Car Park CH1 1SL.

RATE OF PERCEIVED EXERTION (RPE):

This is a simple and subjective measure to help you tune into your body to reach your fitness and running goals.

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| 1. Minimal effort. | 6. Challenging (sustainable for 60 mins or 10K pace). |
| 2. Gentle effort. | 7. Vigorous (uncomfortable or 5K pace). |
| 3. Comfortable (have a conversation). | 8. Hard (very uncomfortable). |
| 4. Steady. | 9. Very Hard (hard to speak). |
| 5. Progressive (effort to maintain). | 10. Maximum effort (you can only maintain for a few seconds) |

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

WEEK 1 - W/C 30TH DEC

BRISK RUN	1 MILE
STEADY RUN	1 MILE
LONGER RUN	3 MILES

WEEK 2 - W/C 6TH JAN

BRISK RUN	1 MILE
STEADY RUN	1 MILE
LONGER RUN	3.5 MILES

WEEK 3 - W/C 13TH JAN

BRISK RUN	1.5 MILES
STEADY RUN	1.5 MILES
LONGER RUN	4 MILES

WEEK 4 - W/C 20TH JAN

BRISK RUN	1 MILES
STEADY RUN	1 MILES
LONGER RUN	2.5 MILES

WEEK 5 - W/C 27TH JAN

BRISK RUN	2 MILES
STEADY RUN	2 MILES
LONGER RUN	4 MILES

WEEK 6 - W/C 3RD FEB

BRISK RUN	2 MILES
STEADY RUN	2 MILES
LONGER RUN	5 MILES

WEEK 7 - W/C 10TH FEB

BRISK RUN	3 MILES
STEADY RUN	3 MILES
LONGER RUN	5.5 MILES

WEEK 8 - W/C 17TH FEB

BRISK RUN	2.5 MILES
STEADY RUN	2.5 MILES
LONGER RUN	5 MILES

WEEK 9 - WC 24TH FEB

BRISK RUN	3 MILES
STEADY RUN	3 MILES
LONGER RUN	6 MILES

WEEK 10 - WC 3RD MAR

BRISK RUN	2 MILES
REST	NO RUN
RACE DAY	10K

local training runs (Chester)
5th Jan, 2nd Feb & 2nd March.
RACE DAY 9th March.

Rest/Recovery weeks where we
reduce the mileage on our 3rd
run of the week.