

## THE MBNA CHESTER MARATHON IMPROVER TRAINING PLAN 2025

- 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: 8th June, 13th July, 3rd August, 7<sup>th</sup> September, and 28th September.**



## WEEK 1- W/C 2ND JUNE

TRAINING RUN

10 MILES

## WEEK 2 - W/C 9TH 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 16TH 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 23RD 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 30TH 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 7TH 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 14TH 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 21ST 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) 8th June, 13th July, 3rd Aug. 7th September & 28th September  
RACE DAY 5th October

Rest/Recovery weeks where we reduce the mileage

## WEEK 9- W/C 28TH JULY

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	9 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN (TRAINING RUN)	17 MILES

## WEEK 10 - W/C 4<sup>TH</sup> AUGUST

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

## WEEK 11 - W/C 11TH AUGUST

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	11 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	6 MILES (EASY)
SUN	19 MILES

## WEEK 12 - W/C 18TH AUGUST

MON	REST
TUE	4 MILES (F)
WED	4 MILES (EASY)
THU	8 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	PARKRUN 10K (TT)
SUN	16 MILES

## WEEK 13 - W/C 25TH AUGUST

MON	REST
TUE	6 MILES (H)
WED	6 MILES (EASY)
THU	12 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	19 MILES

## WEEK 14 - W/C 1ST SEPT

MON	REST
TUE	6 MILES (F)
WED	6 MILES (EASY)
THU	13 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	PARKRUN
SUN TRAINING RUN	20 MILES

## WEEK 15 - W/C 8TH SEPT

MON	REST
TUE	6 MILES (F)
WED	6 MILES (EASY)
THU	13 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	PARKRUN 10K (TT)
SUN	20/22 MILES

## WEEK 16 - 15TH SEPT

MON	REST
TUE	5 MILES (F)
WED	6 MILES (EASY)
THU	9 MILES (RP)
FRI	REST/CROSS TRAIN
SAT	5 MILES (EASY)
SUN	15 MILES

Local training runs (Chester) 8th June, 13th July, 3rd Aug. 7th September & 28th September  
RACE DAY 5th October

Rest/Recovery weeks where we reduce the mileage



## WEEK 17- W/C 22ND SEPT

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

## WEEK 18 - W/C 29TH 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) 8th  
June, 13th July, 3rd Aug. 7th  
September & 28th September  
RACE DAY 5th October

Rest/Recovery weeks where we  
reduce the mileage

