

THE MBNA CHESTER MARATHON NOVICE TRAINING PLAN 2025

- 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 normally 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, 7th September and 28th 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 2ND JUNE

TRAINING RUN 6 MILES

WEEK 2 - W/C 9TH JUNE

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

WEEK 3 - W/C 16TH JUNE

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

WEEK 4 - W/C 23RD JUNE

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

WEEK 5 - W/C 30TH JUNE

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

WEEK 6 - W/C 7TH JULY

RUN 1	5 MILES
RUN 2	6 MILES
RUN 3 (TRAINING RUN)	11 MILES

WEEK 7 - W/C 14TH JULY

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

WEEK 8 - W/C 21ST JULY

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

WEEK 9 - W/C 28TH JULY

RUN 1	6 MILES
RUN 2	8 MILES
RUN 3 (TRAINING RUN)	14 MILES

WEEK 10 - WC 4TH AUGUST

RUN 1	6 MILES
RUN 2	8 MILES
RUN 3	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

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WEEK 11- W/C 11TH AUGUST

RUN 1	6 MILES
RUN 2	9 MILES
RUN 3	16 MILES

WEEK 12 - W/C 18TH AUGUST

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

WEEK 13 - W/C 25TH AUGUST

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

WEEK 14 - 1ST SEPTEMBER

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

WEEK 15 - W/C 8TH SEPT

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

WEEK 16 - W/C 15TH SEPT

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

WEEK 17 - W/C 22ND SEPT

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

WEEK 18 - W/C 29TH SEPT

RUN 1	3 MILES
RUN 2	2 MILES
RUN 3 (RACE DAY)	26.2 MILES

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RACE DAY 5th October

Rest/Recovery weeks where we reduce the mileage.