

### THE MBNA CHESTER METRIC MARATHON TRAINING PLAN 2024

- It is assumed you have competed in at least one half marathon and you are moving on to a challenge beyond that distance.
- General Principles:-
- 1. Cross Training can be swimming, gym etc.
- 2. Tuesday speed session of 400m blocks should be run at 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 hill and climb it several times, jogging down as a recovery.
- 3. Thursday runs should be at target race pace.
- 4. Sunday run should be paced at least 30 secs per mile slower than target race pace.
- 5. Three recovery weeks are included to allow your training to have optimal effect.
- 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, 7<sup>th</sup> September & 28th September.



METRIC MARATHON Mono TRAINING PLAN

WEEK 1- W/C	2ND JUNE			WEEK 2 - W/C 9TH JUNE
			MON	REST
				4 x 400
			WED THU	CROSS TRAINING 4 MILES (RP)
			FRI	REST
			SAT	4 MILES (EASY)
TRAINING RUN	6 MILES		SUN	7 MILES
WEEK 3 - W/C				WEEK 4 - W/C 23RD JUNE
MON	REST		MON	REST
TUE	35 min (H) CROSS TRAINING		TUE	5 x 400
WED	4 MILES (RP)		WED THU	CROSS TRAINING 5 MILES (RP)
THU FRI	REST		FRI	REST
SAT	4 MILES (EASY)		SAT	PARKRUN
SUN	8 MILES		SUN	9 MILES
WEEK 5 - W/O	C 30TH JUNE			WEEK 6 - W/C 7TH JULY
MON	REST		MON	REST
TUE	23 min (H)		TUE	5 x 400
WED	CROSS TRAINING		WED	CROSS TRAIN
THU	5 MILES (RP) REST		THU	4 MILES (RP)
FRI SAT	5 MILES (EASY)		FRI	REST
SUN	10 MILES		SAT	4 MILES (EASY) TRAINING RUN 8 MILES
			3014	TRAINING RUN 8 MILES
WEEK 7 - W/C	14TH JULY			WEEK 8 - W/C 21ST JULY
MON	REST		MON	REST
TUE	45 mins Hills		TUE	6 x 400
WED	<b>CROSS TRAINING</b>		WED	CROSS TRAINING
THU	5 MILES (RP)		THU	5 MILES (RP)
FRI	REST		FRI	REST 5 MILES (EASY)
SAT SUN	5 MILES (EASY) 10 MILES		SAT SUN	10K RACE
2014			5014	
Local training runs (Chester) Rest/Recovery weeks where we				
8th June, 13th July, 3rd Aug, 7 <sup>th</sup>				reduce the mileage

8th June, 13th July, 3rd Aug, 7<sup>th</sup> September & 28th September RACE DAY 5th October

ACTIVE LEISURE EVENTS

# METRIC MARATHON ACTIVE LEISURE EVENTS

WEEK 9- W/C 28TH JULY	WEEK 10 - W/C 4 <sup>TH</sup> AUGUST		
MONRESTTUE30 mins HillsWEDCROSS TRAININGTHU5 MILES (RP)FRIRESTSATPARKRUNSUN TRAINING RUN12 MILES	MONRESTTUE6 x 400WEDCROSS TRAININGTHU4 MILES (RP)FRIRESTSAT4 MILES (EASY)SUN11 MILES		
WEEK 11 - W/C 11TH AUGUST	MEEK 12 MI/C 19TH AUCUST		
MONRESTTUE45 mins HillsTUECROSS TRAININGWED6 MILES (RP)THU6 MILES (RP)FRIRESTSAT6 MILES (EASY)SUN12 MILES	WEEK 12 - W/C 18TH AUGUSTMONRESTTUE6 MILES (RP)WEDCROSS TRAININGTHU6 MILES (RP)FRIRESTSAT6 MILES (EASY)SUN13 MILES		
WEEK 13 - W/C 25TH AUGUSTMONRESTTUE45 mins (H)WEDCROSS TRAININGTHU6 MILES (RP)FRIRESTSAT6 MILES (EASY)SUN14 MILES	WEEK 14 - W/C 1ST SEPTMONRESTTUE8 x 400WEDCROSS TRAININGTHU5 MILES (RP)FRIRESTSATPARKRUNSUN TRAINING RUN10 MILES		
WEEK 15 - W/C STH SEPTMONRESTTUE30 mins HillsWEDCROSS TRAININGTHU7 MILES (RP)FRIRESTSAT6 MILES (EASY)SUN14 MILES	WEEK 16 - 15TH SEPTMONRESTTUE6 x 400WEDCROSS TRAININGTHU5 MILES (RP)FRIRESTSAT5 MILES (EASY)SUN12 MILES		
Local training runs (Chester) 8th June, 13th July, 3rd Aug, 7 <sup>th</sup>	Rest/Recovery weeks where we reduce the mileage		

September & 28th September RACE DAY 5th October

#### ACTIVE LEISURE EVENTS METRIC MARATHON MODO TRAINING PLAN

#### WEEK 18 - W/C 29TH SEPT

MONRESTUE6 x 40WEDCROSS TRAININGTHU5 MILES (RFRI5 MILES (RSAT5 MILES (EAS)SUN TRAINING RUN10 MILE	0 TU G WI D TH T FR D SA	YEDCROSS TRAININGHU2 MILES (EASY)RIREST
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Local training runs (Chester) 2nd June, 7th July, 4th Aug & 1st September RACE DAY 6th October

WEEK 17- W/C 22ND SEPT

## Rest/Recovery weeks where we reduce the mileage

