



## 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.**



## WEEK 1- W/C 2ND JUNE

TRAINING RUN

6 MILES

## WEEK 2 - W/C 9TH JUNE

MON	REST
TUE	4 x 400
WED	CROSS TRAINING
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	7 MILES

## WEEK 3 - W/C 19TH JUNE

MON	REST
TUE	35 min (H)
WED	CROSS TRAINING
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	8 MILES

## WEEK 4 - W/C 23RD JUNE

MON	REST
TUE	5 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	PARKRUN
SUN	9 MILES

## WEEK 5 - W/C 30TH JUNE

MON	REST
TUE	23 min (H)
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	10 MILES

## WEEK 6 - W/C 7TH JULY

MON	REST
TUE	5 x 400
WED	CROSS TRAIN
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	TRAINING RUN 8 MILES

## WEEK 7 - W/C 14TH JULY

MON	REST
TUE	45 mins Hills
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	10 MILES

## WEEK 8 - W/C 21ST JULY

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	10K RACE

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

Rest/Recovery weeks where we  
reduce the mileage

## WEEK 9- W/C 28TH JULY

MON	REST
TUE	30 mins Hills
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	PARKRUN
SUN	TRAINING RUN 12 MILES

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

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	4 MILES (RP)
FRI	REST
SAT	4 MILES (EASY)
SUN	11 MILES

## WEEK 11 - W/C 11TH AUGUST

MON	REST
TUE	45 mins Hills
WED	CROSS TRAINING
THU	6 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	12 MILES

## WEEK 12 - W/C 18TH AUGUST

MON	REST
TUE	6 MILES (RP)
WED	CROSS TRAINING
THU	6 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	13 MILES

## WEEK 13 - W/C 25TH AUGUST

MON	REST
TUE	45 mins (H)
WED	CROSS TRAINING
THU	6 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	14 MILES

## WEEK 14 - W/C 1ST SEPT

MON	REST
TUE	8 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	PARKRUN
SUN	TRAINING RUN 10 MILES

## WEEK 15 - W/C 8TH SEPT

MON	REST
TUE	30 mins Hills
WED	CROSS TRAINING
THU	7 MILES (RP)
FRI	REST
SAT	6 MILES (EASY)
SUN	14 MILES

## WEEK 16 - 15TH SEPT

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	12 MILES

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

Rest/Recovery weeks where we  
reduce the mileage



## WEEK 17- W/C 22ND SEPT

MON	REST
TUE	6 x 400
WED	CROSS TRAINING
THU	5 MILES (RP)
FRI	REST
SAT	5 MILES (EASY)
SUN	TRAINING RUN 10 MILES

## WEEK 18 - W/C 29TH SEPT

MON	REST
TUE	2 x 400
WED	CROSS TRAINING
THU	2 MILES (EASY)
FRI	REST
SAT	1 MILE (JOG) or REST
SUN	RACE DAY 26.2K

Local training runs (Chester)  
2nd June, 7th July, 4th Aug &  
1st September  
RACE DAY 6th October

Rest/Recovery weeks where we  
reduce the mileage

