



Essar Chester 2022 Half Marathon Training Schedule - Novice

General Principles:

1. It is assumed that you already have a routine of running three times a week. One of these will gradually increase over the weeks to build up your endurance.
2. Run days should be followed by rest/recovery days to allow your training to have optimal effect.
3. Try to drop your long run mileage every fourth week as this is vital to keep you fresh and on track. This is a **Recovery Week**.
4. Long runs should be run at a speed when you can maintain a conversation and ideally be followed the next day by a swim or lazy bike or even a brisk walk! This slower pace for long runs is really important as running them at race pace will tire you out needlessly, compromise your other runs and invite injury.
5. One of your runs in the week should be used to practice your intended race pace.
6. The day after your long run (Monday) should be an easy run.

Please note:

This is (inevitably) a generic training plan. No one size fits all so it is important you tailor it to suit your own personal circumstances and goals.

Additional Notes

The schedule includes our monthly training runs from Chester FC's Deva Stadium, CH1 4LT. (Marked in red.)

These runs take place at 9am down the traffic free river path. We will have a range of pace runner led groups, running at various paces and we provide post run snacks and hydration. The training runs give you the opportunity to run with others and chat about your/their training, gaining valuable advice, tips and encouragement.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07 Feb							4 miles Training Run Webinar
14 Feb	30 mins easy		3 miles		3 miles		5 miles
21 Feb	30 mins easy		4 miles		4 miles		6 miles
28 Feb	30 mins easy		4 miles		4 miles		7 miles Training Run
07 March Recovery Week	30 mins easy		4 miles		4 miles		6 miles or Chester 10K Race
14 March	30 mins easy		5 miles		5 miles		8 miles
21 March	30 mins easy		5 miles		5 miles		9 miles
28 March	30 mins easy		5 miles		5 miles		10 miles Training Run

04 April	30 mins easy		4 miles		4 miles		9 miles
Recovery Week							
11 April	30 mins easy		5 miles		5 miles		10 miles
18 April	30 mins easy		5 miles		5 miles		11 miles
25 April	30 mins easy		5 miles		5 miles		12 miles
02 May	30 mins easy		5 miles		5 miles		12 miles Training Run Webinar
09 May	30 mins easy		20 mins easy		20 mins easy		RACE DAY ☺