



MBNA Chester 10K novice training schedule 2023

General principles: -

1. It is assumed that you already have a routine of running once or twice a week. Our novice plan starts with one-mile runs; don't feel under pressure to run the whole distance, a combination of walking and running will be fine. Over the weeks you will find the walk breaks will reduce. The runs will gradually increase over the weeks to build up your endurance. The Sunday runs should be run at an easy/conversational pace.

Once you have settled into a routine and built a base of running fitness we suggest you beef up the Wednesday and Friday runs. This will bring you on faster.

2. Run days should be followed by rest/recovery days to allow your training to have optimal effect whilst Monday is an "active rest/recovery" day which could feature a gentle jog, a swim, a lazy bike ride or even a brisk walk.

3. From w/c 30 January Wednesday is a brisk run eg RPE 6 (**see below*).

4. From w/c 30 January Friday is a steady run eg RPE 4.

5. Try to drop your long run mileage every fourth week as this is vital to keep you fresh and on track.

*Rate of Perceived Exertion (often shortened to **RPE**) is a simple, subjective measure (no technology here!) to help you tune into your body more to reach your fitness and running goals.

RPE is a scale of 1 to 10 with 1 being an extremely light activity eg casual walk, to 10 being an eyeballs-out sprint.

- 10 Maximum effort you can only maintain for seconds.
- 9 Very Hard – hard to speak
- 8 Hard – you could manage a few words – very uncomfortable
- 7 Vigorous – uncomfortable – arguably 5k race pace
- 6 Challenging – sustainable for 60 mins – arguably 10k race pace
- 5 Progressive – need effort to maintain but can hold conversation
- 4 Steady – running within yourself
- 3 Comfortable – can hold a conversation for entire run
- 2 Gentle effort
- 1 Minimal effort

Venue for Training Runs in Chester

The schedule includes our monthly training runs - **marked in red** - from Chester Little Roodee car park CH1 1SL.

These runs take place at 9am along the promenade that skirts the racecourse then 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 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
2 Jan	Active Rest Recovery		1 mile		1 mile		3 miles Training Run
9 Jan			1 mile		1 mile		3.5 miles
16 Jan			1.5 miles		1.5 miles		4 miles
23 Jan		Recovery	1 mile	Week	1 mile		2.5 miles
30 Jan			Brisk 2 miles		Steady 2 miles		4 miles Training Run
6 Feb			Brisk 2 miles		Steady 2 miles		5 miles
13 Feb			Brisk 3 miles		Steady 3 miles		5.5 miles
20 Feb		Recovery	Steady 2.5 miles	Week	Steady 2.5 miles		5 miles
27 Feb			Brisk 3 miles		Steady 3 miles		6 miles Training Run
6 Mar			Steady 2 miles		rest		10K Race

