



Essar Chester 2023 Half Marathon Training Schedule - Novice

General Principles:

1. It is assumed that you can run three times a week and are currently able to run 5km (3 miles). One of your runs 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. Sunday long runs should be run at RPE 3/4 (* see below) when you can maintain a conversation. 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 RPE 5/6.
6. The day after your long run (Monday) should be an active rest/recovery session which could feature a gentle jog, swim, lazy bike or a brisk walk RPE 2/3.
7. Your final long run before the race will bring you tantalisingly close to the target distance whilst leaving a bit of “unknown territory” for you to discover on 21 May.

*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

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.

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
06 Feb	30 mins Recovery		3 miles		3 miles		4 miles
13 Feb	30 mins Recovery		3 miles		3 miles		5 miles
20 Feb Recovery Week	30 mins Recovery		2.5 miles		2.5 miles		3 miles
27 Feb	30 mins Recovery		4 miles		4 miles		6 miles Training Run
06 March	30 mins Recovery		4 miles		4 miles		6 miles or Chester 10K Race
13 March	30 mins Recovery		4 miles		4 miles		7 miles
20 March Recovery Week	30 mins Recovery		3 miles		3 miles		5 miles
27 March	30 mins Recovery		5 miles		5 miles		8 miles Training Run
03 April	30 mins Recovery		5 miles		5 miles		9 miles
10 April	30 mins Recovery		5 miles		5 miles		10 miles
17 April Recovery Week	30 mins Recovery		4 miles		4 miles		8 miles
24 April	30 mins Recovery		5 miles		5 miles		11 miles
1 May	30 mins Recovery		5 miles		5 miles		12 miles

							(Training Run rescheduled to 14 th May)
8 May	30 mins Recovery		6 miles		6 miles		10 miles Training Run
15 May	30 mins Recovery		20 mins easy run		20 mins easy run		RACE DAY ☺ 13.1 Miles