



## Essar Chester 2023 Half Marathon Training Schedule - Improver

### **General Principles:-**

1. Cross Training (CT) can be swimming, gym etc
2. Tuesday speed session of 400/800m blocks etc 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. Don't forget the warm up and down.
3. Thursday runs should be at target race pace
4. Sunday run should be at a conversational pace
5. Every fourth week or so is a **Recovery Week** to help you stay fresh and injury free
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.

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.

<b>Week Beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
2 Jan							5 miles <b>Training Run</b>
9 Jan	2 mile jog	4 x 400	Cross Training (CT)	4 miles race pace	CT	Rest	6 miles
16 Jan	2 mile jog	35 min hard	Cross Training	4 miles race pace	CT	Rest	7 miles
23 Jan <b>Recovery Week</b>	2 mile jog	5 x 400	Cross Training	4 miles race pace	CT	Rest	6 miles
30 Jan	2 mile jog	35 min hard	Cross Training	4 miles race pace	CT	Rest	7 miles <b>Training Run</b>
6 Feb	2 mile jog	6 x 400	Cross Training	4 miles race pace	CT	Rest	8 miles
13 Feb	2 mile jog	45 min hills	Cross Training	4 miles race pace	CT	Rest	9 miles
20 Feb <b>Recovery Week</b>	2 mile jog	6 x 400	Cross Training	4 miles race pace	CT	Rest	8 miles
27 Feb	2 mile jog	45 min hills	Cross Training	4 miles race pace	CT	Rest	9 miles <b>Training Run</b>
6 Mar	2 mile jog	6 x 400	Cross Training	4 miles race pace	CT	Rest	10 miles or <a href="#">Chester 10K race</a>
13 Mar	2 mile jog	45 min hills	Cross Training	4 miles race pace	CT	Rest	11 miles
20 Mar <b>Recovery Week</b>	2 mile jog	7 x 400	Cross Training	4 miles race pace	CT	Rest	10 miles

27 Mar	2 mile jog	45 min hard	Cross Training	4 miles race pace	CT	Rest	11 miles <b>Training Run</b>
3 April	2 mile jog	8 x 400	Cross Training	4 miles race pace	CT	Rest	12 miles
10 April	2 mile jog	45 min hills	Cross Training	4 miles race pace	CT	Rest	12 miles
17 April <b>Recovery Week</b>	2 mile jog	5 x 400	Cross Training	4 miles race pace	CT	Rest	10 miles
24 April	2 mile jog	6 x 400	Cross Training	4 miles race pace	CT	Rest	12 miles
1 May	2 mile jog	45 min hills	Cross Training	4 miles race pace	CT	Rest	12/13 miles (Training Run rescheduled to 14 <sup>th</sup> May)
8 May	2 mile jog	4 x 400	Cross Training	4 miles race pace	CT	Rest	10 miles <b>Training Run</b>
15 May	Rest	2 x 400	Cross Training	2 miles race pace	1 mile jog	1 mile jog	<b>Race Day!</b>