



THE ESSAR CHESTER HALF MARATHON NOVICE TRAINING PLAN 2025

1. It is assumed 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 always be followed by a rest/recovery day to allow your training to have optimal effect. Our suggestion is Wed/Fri/Sun for runs - and a Mon for a swim, lazy bike ride, brisk walk, or yoga session.
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 RPE 3/4 (see table below) when you can maintain a conversation and ideally be followed the next day by a swim, lazy bike ride, a yoga session, or even a brisk walk. This slower pace for long runs is really important as running them at pace will tire you out needlessly, compromise your other runs, and invite injury.
5. One of our runs in the week should be used to practice your intended race pace RPE 5/6
6. The day after your long run (Mon) your chosen activity should be completed at RPE 2/3
7. Your final long run before race day will bring you tantalisingly close to your target distance whilst leaving a bit of 'unknown territory' for you to discover on race day.
8. Make sure you allow time to warm up, stretch, cool down, and stretch before and after your training sessions.
9. If you're local to Chester we recommend you get involved in our **group training runs**. They take place on the 1st Sunday of each month and are aligned with this training plan. **For more information visit our website [Chester10K/half-marathon/training run dates: 5th Jan, 2nd Feb, 2nd Mar, 13th Apr & 4th May](#) We meet at 09:00 at Little Roodee Car Park, CH1 1SL**

RATE OF PERCEIVED EXERTION (RPE):

This is a simple and subjective measure to help you tune into your body to reach your fitness and running goals.

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|---------------------------------------|--|
| 1. Minimal effort. | 6. Challenging (sustainable for 60 mins or 10K pace). |
| 2. Gentle effort. | 7. Vigorous (uncomfortable or 5K pace). |
| 3. Comfortable (have a conversation). | 8. Hard (very uncomfortable). |
| 4. Steady. | 9. Very Hard (hard to speak). |
| 5. Progressive (effort to maintain). | 10. Maximum effort (you can only maintain for a few seconds) |

Run days should always be followed by a rest/recovery day to allow your training to have optimal effect. Our suggested run days are Wed, Fri, Sun

WEEK 1 - W/C 30TH DEC

| | |
|----------------------|---------|
| ACTIVITY | 20 MINS |
| RUN 1 (RPE 5/6) | 3 MILES |
| RUN 2 | 3 MILES |
| LONGER RUN (RPE 3/4) | 4 MILES |

WEEK 2 - W/C 6TH JAN

| | |
|----------------------|---------|
| ACTIVITY | 20 MINS |
| RUN 1 (RPE 5/6) | 3 MILES |
| RUN 2 | 3 MILES |
| LONGER RUN (RPE 3/4) | 5 MILES |

WEEK 3 - W/C 13TH JAN

| | |
|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 3 MILES |
| RUN 2 | 4 MILES |
| LONGER RUN (RPE 3/4) | 6 MILES |

WEEK 4 - W/C 20TH JAN

| | |
|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 3 MILES |
| RUN 2 | 3 MILES |
| LONGER RUN (RPE 3/4) | 5 MILES |

WEEK 5 - W/C 27TH JAN

| | |
|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 4 MILES |
| RUN 2 | 4 MILES |
| LONGER RUN (RPE 3/4) | 6 MILES |

WEEK 6 - W/C 3RD FEB

| | |
|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 4 MILES |
| LONGER RUN (RPE 3/4) | 7 MILES |

WEEK 7 - W/C 10TH FEB

| | |
|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 4 MILES |
| LONGER RUN (RPE 3/4) | 8 MILES |

WEEK 8 - W/C 17TH FEB

| | |
|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 4 MILES |
| RUN 2 | 4 MILES |
| LONGER RUN (RPE 3/4) | 7 MILES |

WEEK 9 - WC 24TH FEB

| | |
|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| LONGER RUN (RPE 3/4) | 9 MILES |

WEEK 10 - WC 3RD MAR

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|-----------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| 10K RACE DAY | 10K |

Local training runs (Chester) 5th Jan, 2nd Feb, 2nd Mar, 13th Apr & 4th May
RACE DAY 18th May

Rest/Recovery weeks where we reduce the mileage

Run days should always be followed by a rest/recovery day to allow your training to have optimal effect. Our suggested run days are Wed, Fri, Sun

WEEK 11- W/C 10TH MAR

| | |
|----------------------|----------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILE |
| LONGER RUN (RPE 3/4) | 10 MILES |

WEEK 12 - W/C 17TH MAR

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|----------------------|---------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 4 MILES |
| RUN 2 | 4 MILES |
| LONGER RUN (RPE 3/4) | 9 MILES |

WEEK 13 - W/C 24TH MAR

| | |
|----------------------|----------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| LONGER RUN (RPE 3/4) | 10 MILES |

WEEK 14 - 31ST MAR

| | |
|----------------------|----------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| LONGER RUN (RPE 3/4) | 10 MILES |

WEEK 15 - W/C 7TH APR

| | |
|----------------------|----------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| LONGER RUN (RPE 3/4) | 11 MILES |

WEEK 16 - W/C 14TH APR

| | |
|----------------------|----------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 4 MILES |
| RUN 2 | 4 MILES |
| LONGER RUN (RPE 3/4) | 10 MILES |

WEEK 17 - W/C 21ST APR

| | |
|----------------------|----------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| LONGER RUN (RPE 3/4) | 11 MILES |

WEEK 18 - W/C 28TH APR

| | |
|----------------------|----------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| LONGER RUN (RPE 3/4) | 12 MILES |

WEEK 19 - WC 5TH MAY

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|----------------------|------------|
| ACTIVITY | 30 MINS |
| RUN 1 (RPE 5/6) | 5 MILES |
| RUN 2 | 5 MILES |
| LONGER RUN (RPE 3/4) | 12.5 MILES |

WEEK 20 - WC 12TH MAY

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|----------|----------|
| ACTIVITY | 30 MINS |
| EASY RUN | 20 MINS |
| EASY RUN | 20 MINS |
| RACE DAY | 13 MILES |

Local training runs (Chester)
5th Jan, 2nd Feb, 2nd Mar, 13th
Apr & 7th May
RACE DAY 18th May

Rest/Recovery weeks where we
reduce the mileage.