



Aldi Chester 10K novice training schedule 2021

General principles:

1. It is assumed that you already have some form/history of running routinely once or twice a week. Our 2021 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 should find that the walk breaks will reduce. The runs will gradually increase in distance over the weeks to build up your endurance, the Sunday runs should be run at an easy/conversational pace.
2. Run days should be followed by rest/recovery days (Tuesday, Thursday, Saturday) to allow your training to have optimal effect. Monday could be an "active rest/recovery" day which could feature swim, gentle bike ride or a walk.
3. Wednesday is a brisk run, this should be at a pace that you find more difficult than your Sunday run
4. Friday is a steady run.
5. Try to drop your long run (Sunday) mileage every fourth week as this is vital to keep you fresh and on track.

We wish you all the best in your training and look forward to seeing you on Sunday 18th July.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 May			1 mile		1 mile		1 mile
10 May			1 mile		1 mile		1.5 mile
17 May			1 mile		1 mile		2 miles
24 May			1 mile		1 mile		2.5 miles
31 May			1 mile		1 mile		2 miles
Recovery week							
7 June			1.5 miles		1.5 miles		3 miles
14 June			1.5 miles		1.5 miles		4 miles
21 June			2 miles		2 miles		3 miles
28 June			2 miles		2 miles		5 miles
Recovery week							
5 July			3 miles		3 miles		6 miles
12 July			3 miles		Rest		6.2 miles RACE DAY 😊