



Essar Chester 2022 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

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.

Additional Notes

The schedule includes our monthly training runs from Chester FC's Deva Stadium, CH1 4LT. (**Marked in red.**)

These runs take place at 9am 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 snacks and 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
7 Feb							6 miles Training Run Webinar
14 Feb	2 miles jog or rest	45 min hills	Cross Training	5 miles race pace	Rest	CT or Parkrun	7 miles
21 Feb	2 miles jog or rest	7 x 400	Cross Training	5 miles race pace	Rest	CT or Parkrun	8 miles
28 Feb	2 miles jog or rest	30 min hills	Cross Training	5 miles race pace	Rest	CT or Parkrun	9 miles Training Run
7 March Recovery Week	2 miles jog or rest	5 x 800	Cross Training	3 miles race pace	Rest	CT or Parkrun	8 miles or Chester 10K Race
14 March	2 miles jog or rest	45 min hills	Cross Training	5 miles race pace	Rest	CT or Parkrun	9 miles
21 March	2 miles jog or rest	6 x 800	Cross Training	6 miles race pace	Rest	CT or Parkrun	10 miles
28 March	2 miles jog or rest	45 mins hard	Cross Training	6 miles race pace	Rest	CT or Parkrun	11 miles Training Run
4 April Recovery Week	2 miles jog or rest	8 x 400	Cross Training	3 miles race pace	Rest	CT or Parkrun	10 miles
11 April	2 miles jog or rest	45 min hills	Cross Training	6 miles race pace	Rest	CT or Parkrun	11 miles
18 April	2 miles jog or rest	45 mins hard	Cross Training	6 miles race pace	Rest	CT or Parkrun	12 miles
25 April	2 miles jog or rest	45 mins hills	Cross Training	7 miles race pace	Rest	CT or Parkrun	13 miles

2 May	2 miles jog or rest	45 mins hard	Cross Training	7 miles race pace	Rest	CT or Parkrun	12 miles Training Run Webinar
9 May	Rest	2 x 400	Cross Training	3 miles race pace	1 mile jog	1 mile jog	RACE DAY ☺