

# Chippenham Half Marathon

All  
Profits  
Donated  
To Charity

## Training Programme - Beginners

	Week 13	Week 14	Week 15	Week 16
<b>Monday</b>	Rest Day	Rest Day	Rest Day	Rest Day
<b>Tuesday</b>	(This is an easy week!) 2 - 4 mins easy run 35 mins steady run 3 mins easy run	3 - 4 mins easy run Interval running – run hard for 2 mins, jog recover for 1 min repeat 8 times 3 mins easy run	2 - 4 mins easy run Interval running – run hard for 5 mins, jog recover for 2 min repeat 5 times 3 mins easy run	3 - 4 mins easy run Interval running – run hard for 3 mins, jog recover for 1 min repeat 6 times 3 mins easy run
<b>Wednesday</b>	Rest Day	Rest Day	Rest Day	Rest Day
<b>Thursday</b>	3 mins easy run 45 mins steady run 5 mins walk	3 - 5 mins easy run 65 mins steady run 5 mins easy run	3 – 5 mins easy run 75 mins steady run 5 mins easy run	3 - 5 mins easy run 50 mins steady run 5 mins easy run
<b>Friday</b>	Rest Day	Rest Day	Rest Day	Rest Day
<b>Saturday</b>	2 mins easy run 20 mins steady run 3 mins walk	Rest Day	2 - 4 mins easy run 20 mins steady run 3 mins walk	Rest Day
<b>Sunday</b>	3 mins easy run 60 mins steady run 5 mins easy run	3 mins easy run 70 mins steady run 5 mins walk	3 mins easy run 90 mins steady run 5 mins easy run	3 – 5 mins easy run 100 mins steady run 5 – 7 mins easy run

Don't forget, always have a gentle stretch of all the main muscle groups that have been used after each session. Never stretch before running as this stretches cold muscles and could cause injury