

Chippenham Half Marathon

All
Profits
Donated
To Charity

Training Programme - Beginners

	Week 17	Week 18	Week 19	Week 20
Monday	Rest Day	Rest Day	Rest Day	Rest Day
Tuesday	3-4 mins easy run Interval running- run hard for 4 mins. Jog recover for 1 min repeat 5 times 3 mins easy run	3-4 mins easy run Interval running-run hard for 4 mins. Jog recover for 1 min repeat 6 times 3 mins easy run	2-4 mins easy run Threshold running- run steady to hard for 25 mins 3 mins easy run	Rest Day
Wednesday	3-5 mins easy run 70 mins steady run 5 mins easy run	Rest Day	Rest Day	3-5 mins easy run 45 mins steady run 5 mins easy run
Thursday	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 45 mins steady run 5 mins easy run	3-4 mins easy run Interval running-run hard for 2 mins. Jog recover for 1 min repeat 10 times 3 mins easy run
Friday	Rest Day	3-5 mins easy run 35 mins steady run 5 mins easy run	Rest Day	Rest Day
Saturday	Rest Day	Rest Day	2 mins easy run 20 mins steady run 3 mins easy run	Rest Day
Sunday	3-5 mins easy run 110 mins steady run 5 mins easy run	3 mins easy run 120 mins steady run 5 mins walk	3 mins easy run 130 mins steady run 5 mins easy run	3-5 mins steady run 110 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