

# Chippenham Half Marathon

All  
Profits  
Donated  
To Charity

## Training Programme - Beginners

	<b>Week 25</b>	<b>Week 26</b>	<b>Week 27</b>	<b>Week 28</b>
<b>Monday</b>	Rest Day	Rest Day	Rest Day	Rest Day
<b>Tuesday</b>	3-4 mins easy run Interval running- run hard for 2 mins. Jog recover for 1 min repeat 5 times 3 mins easy run	3-5 mins easy run 60 mins steady run 5 mins easy run	2-4 mins easy run Threshold running- run hard for 45 mins 3 mins easy run	2-4 mins easy run 20 mins steady run 3 mins easy run
<b>Wednesday</b>	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
<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 35 mins steady run 5 mins easy run	3-4 mins easy run Interval running- run hard for 3 mins. Jog recover for 1 min repeat 8 times 3 mins easy run
<b>Friday</b>	Rest Day	3-5 mins easy run 35 mins steady run 5 mins easy run	Rest Day	Rest Day
<b>Saturday</b>	Rest Day	Rest Day	2-4 mins easy run 20 mins steady run 3 mins easy run	Rest Day
<b>Sunday</b>	3-5 mins easy run 120 mins steady run 5 mins easy run	3 mins easy run 110 mins steady run 5 mins walk	3 mins easy run 130 mins steady run 5 mins easy run	3-5 mins steady run 120 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