

# Chippenham Half Marathon

All  
Profits  
Donated  
To Charity

## Training Programme - Beginners

	<b>Week 29</b>	<b>Week 30</b>	<b>Week 31</b>	<b>Week 32</b>
<b>Monday</b>	Rest Day	Rest Day	Rest Day	Rest Day
<b>Tuesday</b>	2-4 mins easy run Threshold running-run steady to hard for 35 mins 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	3-5 mins easy run 30 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 6 times 6 mins easy run
<b>Wednesday</b>	Rest Day	3-5 mins easy run 30 mins steady run 5 mins easy run	Rest Day or 20 mins easy run	3-5 mins easy run 30 mins steady run 5 mins easy run
<b>Thursday</b>	3-5 mins easy run 45 mins steady run 5 mins easy run	3-5 mins easy run 60 mins steady run 5 mins easy run	3 mins easy run 45 mins steady run 3 mins easy run	Rest Day
<b>Friday</b>	Rest Day	Rest Day	Rest Day	3-5 mins easy run 20 mins easy run 3 mins easy run
<b>Saturday</b>	2 mins easy run 20 mins steady run 5 mins easy run	Rest Day	Rest Day	Rest Day
<b>Sunday</b>	3 mins easy run 90 mins steady run 5 mins easy run	3-5 mins steady run 80 mins steady run 5-7 mins easy run	3-5 mins easy run 70 mins steady run 5 mins easy run	<b>Race Day!!!</b>

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