

Chippenham Half Marathon

All
Profits
Donated
To Charity

Training Programme - Beginners

	Week 5	Week 6	Week 7	Week 8
Monday	Rest Day	Rest Day	Rest Day	Rest Day
Tuesday	3 mins power walk 35 mins easy run 3 mins walk	3 - 4 mins power walk 35 mins steady run 3 mins walk	Rest Day	Rest Day
Wednesday	Rest Day	Rest Day	3 mins power walk 35 mins easy run 3 mins walk	2 mins power walk 20 mins steady run 3 mins walk
Thursday	3 mins power walk 40 mins easy run 5 mins walk	3 mins power walk 50 mins easy run 5 mins walk	3 mins power walk 45 mins steady run 5 mins walk	3 mins power walk 35 mins jog 5 mins walk
Friday	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	Rest Day	Rest Day	Rest Day	Rest Day
Sunday	3 mins power walk 45 mins easy run 5 mins walk	3 mins power walk 40 mins steady run 5 mins walk	5 – 7 mins power walk 60 mins easy run 5 mins walk	3 mins power walk 40 mins easy run 5 mins walk

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