

Chippenham Half Marathon

All
Profits
Donated
To Charity

Training Programme - Beginners

	Week 9	Week 10	Week 11	Week 12
Monday	3 mins power walk 20 mins easy run 3 mins walk	Rest Day	Rest Day	Rest Day
Tuesday	2 mins power walk 35 mins steady run 3 mins walk	3 - 4 mins power walk Interval running – run hard for 2 mins, jog recover for 1 min repeat 5 times 3 mins walk	2 - 4 mins power walk Interval running – run hard for 4 mins, jog recover for 2 min repeat 4 times 3 mins walk	3 - 4 mins power walk Interval running – run hard for 3 mins, jog recover for 1 min repeat 6 times 3 mins walk
Wednesday	Rest Day	Rest Day	Rest Day	Rest Day
Thursday	3 mins power walk 45 mins easy run 5 mins walk	3 - 5 mins power walk 55 mins steady run 5 mins walk	3 – 5 mins power walk 65 mins steady run 5 mins walk	3 - 5 mins easy run 50 mins steady run 5 mins walk
Friday	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	2 mins power walk 20 mins steady run 3 mins walk	Rest Day	2 - 4 mins easy run Interval running – run hard for 6 mins, jog recover for 2 min repeat 4 times 3 mins walk	Rest Day
Sunday	3 mins power walk 60 mins steady run 5 mins walk	3 mins power walk 70 mins steady run 5 mins walk	3 mins easy run 40 mins steady run 5 mins easy run	3 – 5 mins steady run 80 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