

Training Programme for the Macclesfield Half Marathon

Welcome to the Macclesfield Half Marathon Training Programme. The programme is designed for both beginners and experienced runners. It has been developed by Pauline Lynch one of the coaches at Macclesfield Harriers and herself an accomplished Half and Full Marathon runner.

Top Tips for Beginners

- Train in loops of 3-5 miles from home, so you can leave a drink or surplus clothing as you pass your front door!
- Find a buddy to run and train with.
- Warm up dynamically to start your run.
- Finish each session with a jog and some stretching
- Make a note of each of your training sessions, what you did and how you felt, even what the weather was like! Log books are as useful for beginners as they are for experienced athletes.
- Time some of your runs so that you will be able to gauge your progress and estimate your race times
- Rest is as important as time on your feet!
- Do not try to do too much too soon.
- Run/Walk means run until you need to stop, then walk for 2 minutes, then run again until you need to take another 2 minute walk. Repeat until you have completed the distance. You will find as you get fitter you will soon be able to reduce the amount of time you spend walking and run the whole way!
- Never run if you are injured or ill.
- After illness, cut back on sessions and ease back into your training schedule. This is where your log book becomes useful
- Don't forget to eat a well balanced diet, including lots of calcium rich foods and to drink plenty of fluid.
- Add some races to your schedule to help you gauge your progress.
- Train on grass as much as possible as it is easier on your legs and joints.

Using the Training Schedule

- Weeks 1-7 are designed for complete beginners to get you used to running comfortably.
- Weeks 8-19 are designed for more experienced runners who are either running a Half Marathon for the first time or are looking to improve their times
- The days can be changes around to fit in with your other commitments
- Beginners will need to be on their feet for 2 to 2.5 hours to complete the course, so later training sessions are geared towards this.
- Let us have any feedback and how you are doing on our Facebook page.
- If you are going on holiday, then try to do some cross training if running is not possible.

Finally

Enjoy yourself! You will find that you nearly always feel better after a run than you did before you step outside, so that alone helps with the motivation after a hard day in the office, at school, at college, at home or whatever you do!

Macclesfield Half Marathon 2014 Training Programme

Race day: Sunday

28/09/2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	12 May	13 May	14 May	15 May	16 May	17 May	18 May Run/walk 2 miles
2	19 May Rest	20 May Rest	21 May Run/walk 2 miles	22 May Rest	23 May Rest	24 May Rest	25 May Run/walk 2 miles
3	26 May Rest	27 May Rest	28 May Run/walk 2.5 miles	29 May Rest	30 May Run 2 miles	31 May Rest	01 Jun Run 2 miles
4	02 Jun Rest	03 Jun Rest	04 Jun Run 2.5 miles	05 Jun Rest	06 Jun Run 2.5 miles	07 Jun Rest	08 Jun Run 2.5 miles
5	09 Jun Rest	10 Jun Rest	11 Jun Run 3 miles	12 Jun Rest	13 Jun Run 3.5 miles	14 Jun Rest	15 Jun Run 3.5 miles
6	16 Jun Rest	17 Jun Rest	18 Jun Run 4 miles	19 Jun Rest	20 Jun Run 4.5 miles	21 Jun Rest	22 Jun Run 4.5 miles
7	23 Jun Rest	24 Jun Rest	25 Jun Run 5 miles	26 Jun Rest	27 Jun Run 5 miles	28 Jun Rest	29 Jun Run for 1 hour
8	30 Jun Rest	01 Jul Rest	02 Jul Run 6 miles	03 Jul Rest	04 Jul Run 5 miles	05 Jul Rest	06 Jul Run 4 miles
9	07 Jul Rest	08 Jul Hills	09 Jul 6 miles	10 Jul Rest	11 Jul 7 miles	12 Jul Rest	13 Jul Run 5 miles
10	14 Jul Rest	15 Jul Cross	16 Jul 7 miles	17 Jul Rest	18 Jul 7 miles	19 Jul Rest	20 Jul 9 miles or 1 hour 30 min
11	21 Jul Rest	22 Jul Rest Optional: speedwork	23 Jul 5 miles	24 Jul Rest	25 Jul 7 miles	26 Jul Rest	27 Jul 1 hour 45 min
12	28 Jul Rest	29 Jul Rest Optional: cross training	30 Jul 7 miles	31 Jul Rest	01 Aug Rest	02 Aug 1 hour 30 min	03 Aug Rest
13	04 Aug 4 miles	05 Aug Rest	06 Aug 6 miles	07 Aug Rest	08 Aug 8 miles	09 Aug Rest	10 Aug 4 miles
14	11 Aug Rest	12 Aug Rest Optional: speedwork	13 Aug 7 miles	14 Aug Rest	15 Aug 8 miles	16 Aug Rest	17 Aug 1 hour 45 min
15	18 Aug Rest	19 Aug Rest Optional: cross training	20 Aug 5 miles	21 Aug Rest	22 Aug Rest	23 Aug 2 hours	24 Aug Rest
16	25 Aug 4 miles	26 Aug Rest	27 Aug 7 miles	28 Aug Rest	29 Aug 8 miles	30 Aug Rest	31 Aug 2 hours 15 min Start at race time(10:00), eat and drink at right time
17	01 Sep Rest	02 Sep Rest	03 Sep 7 miles	04 Sep Rest	05 Sep 3 miles	06 Sep Rest	07 Sep 2 hours 30 min Start at race time(10:00), eat and drink at right time
18	08 Sep Rest	09 Sep Rest	10 Sep 7 miles	11 Sep Rest	12 Sep 3 miles	13 Sep Rest	14 Sep 1 hour 30 min Start at race time(10:00), eat and drink at right time
19	15 Sep Rest	16 Sep Rest	17 Sep 6 miles	18 Sep Rest	19 Sep 7 miles steady	20 Sep Rest	21 Sep Rest
20	22 Sep 4 miles at half marathon pace	23 Sep Rest	24 Sep 3 miles at half marathon pace	25 Sep Rest	26 Sep 2 miles jog	27 Sep Rest	28 Sep Macclesfield Half Marathon