

BEGINNERS TEN MILER TRAINING PLAN

Welcome to the Chichester Ten Miler Beginners Training Plan! Devised by local running expert, Graham Jessop, this 13 week plan will guide you through your training to get you ready to run the Chichester Ten Miler on Sunday 7th October 2018. By now you should have completed the [6 week Pre-Training schedule](#), or be able to run continuously for 30 mins, or for 5km / 3 miles.

Start this Training Plan on Monday 9th July

This training plan is designed to get you around the ten miler course in around 2 hours. You can adjust the days you train to suit your schedule, but you should aim to be running 3 - 4 times per week, with rest days in between. Ideally, you should fit in some cross-training like swimming, cycling or yoga (this can sometimes replace your 'Easy Run' too - see below). The plan ends with time to 'taper' and get your body in good condition after all your hard work, ready for Race Day. If you have a holiday planned, or know that some weeks will be hard to train, then consider starting this training plan a week or two early to make up any weeks you'll lose later in the summer.

Your training should be a mix of 'Easy Runs', 'Tempo Runs' and 'Long Steady Runs'.

Easy Run This is a shortest run in the week which is designed as a recovery run.

Tempo Run This is the faster run of the week. You should maintain a quick pace for this run and it's designed to get you working harder. This run is run at a much quicker pace than you can sustain for a full half marathon. You can use this run to do some hill work (4 repetitions of a short incline or footbridge for example, run up, jog down, repeat), or speed variation

Long Steady Run This is all about preparing your cardiovascular system, muscles and joints for Race Day, by building up the amount of time you spend running. They should aim to be at about your race pace / or normal running pace in the beginning weeks. By week 7, you should be running for 5-6 miles or 60 minutes continuously. Don't worry if these runs feel slow at first, as you get fitter and stronger you will start to run faster and get closer to your half marathon pace.

Aim to start each run with a 5 -10 minute warm up of brisk walking. End each run with a cool down (either a slow jog or brisk walk) for 5-10 minutes and finish with some stretching when you're back at home.

If you're feeling tired, or have been unwell, be sensible and adapt or reduce your training session. Seek advice from your doctor if you're injured.

Remember, rest days are just as important as your training; they help your body to recover and build fitness for the next run. It's also important to eat well and keep hydrated during all your training. [Read our tips and advice on Nutrition and Hydration.](#)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Milestones & Notes
Week 1	Cross Training 40 mins	Rest	Easy Run 20 mins	Rest	Easy Run 20 mins	Rest	Long Steady Run 2 miles (3km)	
Week 2	Cross Training 40 mins	Rest	Easy Run 25 mins	Rest	Tempo Run 20 mins	Rest	Long Steady Run 2 miles (3km)	
Week 3	Cross Training 40 mins	Rest	Easy Run 25 mins	Rest	Tempo Run 20 mins	Rest	Long Steady Run 40 mins continuously	
Week 4	Cross Training 40 mins	Rest	Easy Run 30 mins	Rest	Tempo Run 25 mins	Rest	Long Steady Run 3 miles (5km)	
Week 5	Cross Training 50 mins	Rest	Easy Run 30 mins	Rest	Tempo Run 25 mins	Rest	Long Steady Run 50 mins continuously	
Week 6	Cross Training 50 mins	Rest	Easy Run 30 mins	Rest	Tempo Run 25 mins	Rest	Long Steady Run 5 miles (8km)	You're nearly halfway through your training plan, keep up the good work!
Week 7	Cross Training 50 mins	Rest	Easy Run 40 mins	Rest	Tempo Run 30 mins	Rest	Long Steady Run 60 mins continuously	You should be capable of running 5 - 6 miles by this mid-point
Week 8	Cross Training 1 hour	Rest	Easy Run 40mins	Rest	Tempo Run 35 mins	Rest	Long Steady Run 6 miles continuously or 10km race	
Week 9	Cross Training 1 hour	Rest	Easy Run 40 mins	Rest	Tempo Run 30 mins	Rest	Long Steady Run 60 mins continuously	
Week 10	Cross Training 1 hour	Rest	Easy Run 45 mins	Rest	Tempo Run 30 mins	Rest	Long Steady Run 8 miles(13km)	
Week 11	Cross Training 50 mins	Rest	Easy Run 40 mins	Rest	Tempo Run 35 mins	Rest	Long Steady Run 9 miles (13km)	This week marks the end of your serious training! Now you can begin to taper
Week 12	Rest	Rest	Easy Run 30 mins	Rest	Tempo Run 25 mins	Rest	Long Steady Run 90 mins continuously	Don't be tempted to run further this week, even if you feel strong, it's important to taper your training ready for next weekend!
Week 13	Rest	Rest	Easy Run 20 mins	Rest	Easy Run 20 mins	Rest	Race Day!	Don't forget to read our tips on preparing for Race Day!