



2022  
**CHELMSFORD  
HALF MARATHON**  
6 MARCH 2022



*HALF | 10K | 5K*

# TRAINING PLAN

This is a 14-week training plan that will prepare you for the Chelmsford Half Marathon on 6 March 2022. The plan is suitable for first timers as well as regular runners.

**Training plan commences  
29 November\***

\*You can start this plan later if you want

## Key

- **Easy run:** Shorter run done at a controlled and comfortable pace
- **Tempo run:** A sustained effort run that builds up your body's ability to run faster for longer
- **Steady run:** A longer run at a comfortable but purposeful pace
- **Virtual training race:** Available for free to 2022 Chelmsford Half Marathon participants



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# WEEK ONE

## SESSION 1

5 min brisk walk  
25 min easy run  
5 min brisk walk

## SESSION 2

5 min brisk walk  
25 min easy run  
5 min brisk walk

## VIRTUAL TRAINING RACE

5 min brisk walk  
3.1 mile or 45 min steady run\*  
5 min brisk walk

# WEEK TWO

## SESSION 1

5 min brisk walk  
15 min easy run  
5 min brisk walk

## SESSION 2

5 min brisk walk  
15 min easy run  
5 min brisk walk

## SESSION 3

5 min brisk walk  
2 mile or 30 min steady run\*  
5 min brisk walk

# WEEK THREE

## SESSION 1

5 min brisk walk  
20 min easy run  
5 min brisk walk

## SESSION 2

5 min brisk walk  
20 min tempo run  
5 min brisk walk

## SESSION 3

5 min brisk walk  
5 mile or 75 min steady run\*  
5 min brisk walk

# WEEK FOUR

## SESSION 1

5 min brisk walk  
25 min easy run  
5 min brisk walk

## SESSION 2

5 min brisk walk  
25 min tempo run  
5 min brisk walk

## VIRTUAL TRAINING RACE

5 min brisk walk  
6.2 mile or 90 min steady run\*  
5 min brisk walk

\*whichever is reached first

## WEEK FIVE

### SESSION 1

5 min brisk walk  
15 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
15 min easy run  
5 min brisk walk

### SESSION 3

5 min brisk walk  
3 mile or 45 min steady run\*  
5 min brisk walk

## WEEK SIX

### SESSION 1

5 min brisk walk  
30 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
30 min tempo run  
5 min brisk walk

### SESSION 3

5 min brisk walk  
7 mile or 105 min steady run\*  
5 min brisk walk

## WEEK SEVEN

### SESSION 1

5 min brisk walk  
25 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
25 min tempo run  
5 min brisk walk

### SESSION 3

5 min brisk walk  
8 mile or 120 min steady run\*  
5 min brisk walk

## WEEK EIGHT

### SESSION 1

5 min brisk walk  
30 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
30 min tempo run  
5 min brisk walk

### SESSION 3

5 min brisk walk  
9 mile or 135 min steady run\*  
5 min brisk walk

\*whichever is reached first

## WEEK NINE

### SESSION 1

5 min brisk walk  
35 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
35 min tempo run  
5 min brisk walk

### VIRTUAL TRAINING RACE

5 min brisk walk  
10 mile or 150 min steady run\*  
5 min brisk walk

## WEEK TEN

### SESSION 1

5 min brisk walk  
15 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
15 min easy run  
5 min brisk walk

### SESSION 3

5 min brisk walk  
4 mile or 60 min steady run\*  
5 min brisk walk

## WEEK ELEVEN

### SESSION 1

5 min brisk walk  
30 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
30 min tempo run  
5 min brisk walk

### SESSION 3

5 min brisk walk  
11 mile or 165 min steady run\*  
5 min brisk walk

## WEEK TWELVE

### SESSION 1

5 min brisk walk  
35 min easy run  
5 min brisk walk

### SESSION 2

5 min brisk walk  
35 min tempo run  
5 min brisk walk

### SESSION 3

5 min brisk walk  
8 mile or 120 min steady run\*  
5 min brisk walk

\*whichever is reached first

# WEEK THIRTEEN

## SESSION 1

5 min brisk walk  
25 min easy run  
5 min brisk walk

## SESSION 2

5 min brisk walk  
25 min tempo run  
5 min brisk walk

## SESSION 3

5 min brisk walk  
5 mile or 75 min steady run\*  
5 min brisk walk

# WEEK FOURTEEN

## SESSION 1

5 min brisk walk  
15 min easy run  
5 min brisk walk

## SESSION 2

5 min brisk walk  
15 min easy run  
5 min brisk walk

## SUNDAY 6 MARCH

# RACE DAY





**"IF YOU RUN,  
YOU ARE A RUNNER.**

**IT DOESN'T  
MATTER HOW FAST  
OR HOW FAR."**



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NOT ENTERED? JOIN  
THE WAITLIST FOR  
EVENT AND TICKET  
INFO

**JOIN WAITLIST**