

# 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!