

Callum

4:13:55

Chester Marathon · 11 October 2026

Over an hour off his marathon time in less than six months of coaching.



THE GOAL AND STARTING POINT

Go under 4:30 at Chester. Brighton Marathon 2026 recorded 5:15:13 for Callum, bib 40578. Chester recorded 4:13:55: an improvement of 1 hour, 1 minute and 18 seconds between the two race results. Coaching began on 20 April 2026; Chester on 11 October was 24 weeks and 6 days later.

THE COACHING DECISION

Two days after a half marathon, the 1 September recovery run was judged on restraint: 8km in 50:50, with kilometres between 6:19 and 6:26/km and average heart rate 148. Thursday stayed easy; the planned Sunday long run stayed at 30km without increasing pace.

RACE DAY

Callum went into Chester chasing sub 4:30. He ran 4:13:55 on chip time, finishing 16 minutes and 5 seconds inside that goal. His opening 10K took 1:02:44. By the final 5.1km, he was running 5:36/km. The second half was 9:21 quicker than the first.

IN CALLUM'S WORDS

"You just coached someone to an hour off their time in 5/6 months, you should be proud of yourself also mate, genuinely"

SOURCES: Brighton and Chester official results; client testimonial.

[Full story →](#) [Race source →](#) [Brighton result →](#)

Individual results and experiences. Coaching starts with your own goal.