

2021
**Brighton
Half Marathon**

Organised by:



www.brightonhalfmarathon.com

**TRAINING
PLAN**

10th October

This is a **16-week** schedule that will prepare you for the **Brighton Marathon on 10th October 2021**. Whether it's your first half marathon or you have experience of the distance, the schedule won't limit the time you want to achieve.

The plan starts on 20th June.

Print it off, stick it to a wall and tick off the sessions.

Notes

- The plan is broken down into 4 blocks of 4 weeks. The final block in each week is set as an easier week to allow the body to recover.
- The longest run is 11 miles. If you can run 11 miles 3 weeks prior to the race you will be well prepared.

THE EASY RUN (ER)

The easy run is a shorter run in the week which is designed as a recovery run. It allows you to put miles in without tiring yourself out.

THE TEMPO RUN (TR)

The Tempo Run is your faster run each week. Run it at a pace which is faster than you could sustain for a half marathon. It is not meant to be comfortable: the 'talk test' is a useful way to see if you are working hard enough: you should be able to speak a few words, but not hold a conversation.

THE LONG STEADY RUN (LSR)

The Long Steady Run is all about time on your feet. The LSR in this schedule is adapted to match the pace you run at and/or your fitness level. In week 7, for example, you should run for either 7 miles or 105 minutes - whichever you reach first. LSR runs are progressive and you'll need the foundation weeks to build towards the longer



WEEK 01

Session 1

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 2 mi or 30 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK 02

Session 1

Warm up: 5 mins brisk walk
Session: ER - 20 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 3 mi or 45 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK 03

Session 1

Warm up: 5 mins brisk walk
Session: ER - 25 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: ER - 25 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 4 mi or 60 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK 04

Session 1

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 2 mi or 30 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

05

Session 1

Warm up: 5 mins brisk walk
Session: ER - 20 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 20 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 5 mi or 75 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

06

Session 1

Warm up: 5 mins brisk walk
Session: ER - 25 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 25 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 6 mi or 90 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

07

Session 1

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 3 mi or 45 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

08

Session 1

Warm up: 5 mins brisk walk
Session: ER - 30 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 30 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 7 mi or 105 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

09

Session 1

Warm up: 5 mins brisk walk
Session: ER - 25 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 25 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 8 mi or 120 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

10

Session 1

Warm up: 5 mins brisk walk
Session: ER - 30 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 30 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 9 mi or 135 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

11

Session 1

Warm up: 5 mins brisk walk
Session: ER - 35 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 35 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 10 mi or 150
mins (whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

12

Session 1

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 4 mi or 60 mins
(whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

13

Session 1

Warm up: 5 mins brisk walk
Session: ER - 30 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 30 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 11 mi or 165 mins (whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

14

Session 1

Warm up: 5 mins brisk walk
Session: ER - 35 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 35 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 8 mi or 120 mins (whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

15

Session 1

Warm up: 5 mins brisk walk
Session: ER - 25 mins
Warm down: 5 mins brisk walk

Session 2

Warm up: 5 mins brisk walk
Session: TR - 25 mins
Warm down: 5 mins brisk walk

Session 3

Warm up: 5 mins brisk walk
Session: LSR - 5 mi or 75 mins (whichever is reached first)
Warm down: 5 mins brisk walk

WEEK

16

Session 1

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

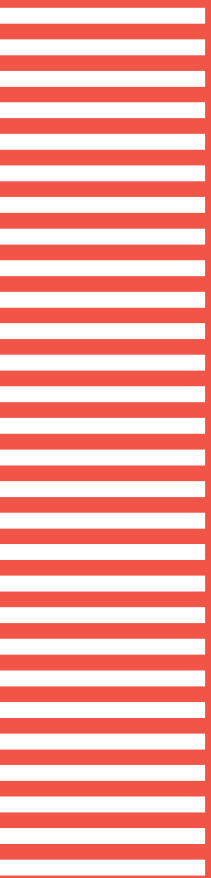
Session 2

Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Sunday 10th October

RACE DAY
Good luck!





2021
**Brighton
Half Marathon**

www.brightonhalfmarathon.com