

2021
**Brighton
Half Marathon**

Organised by:
 the
sussex
beacon



www.brightonhalfmarathon.com

**TRAINING
PLAN**

**27th June
2021**

This is a **16-week** schedule that will prepare you for the **Brighton Marathon on 27 June 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 7th March.

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 distances later on.



WEEK 01

Commencing 7th March

Session 1

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

Total: 25 mins

Session 2

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

Total: 25 mins

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
Total: 40 mins

WEEK 02

Commencing 14th March

Session 1

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

Total: 30 mins

Session 2

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

Total: 30 mins

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
Total: 55 mins

WEEK 03

Commencing 21th March

Session 1

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

Total: 35 mins

Session 2

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

Total: 35 mins

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
Total: 70 mins

WEEK 04

Commencing 28th March

Session 1

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

Total: 25 mins

Session 2

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

Total: 25 mins

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
Total: 40 mins

WEEK 05

Commencing 4th April

Session 1

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

Total: 30 mins

Session 2

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

Total: 30 mins

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
Total: 85 mins

WEEK 06

Commencing 11th April

Session 1

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

Total: 35 mins

Session 2

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

Total: 35 mins

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
Total: 100 mins

WEEK 07

Commencing 18th April

Session 1

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

Total: 25 mins

Session 2

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

Total: 25 mins

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
Total: 55 mins

WEEK 08

Commencing 25th April

Session 1

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

Total: 40 mins

Session 2

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

Total: 40 mins

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
Total: 115 mins

WEEK 09

Commencing 2nd May

Session 1

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

Total: 35 mins

Session 2

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

Total: 35 mins

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

Total: 130 mins

WEEK 10

Commencing 9th May

Session 1

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

Total: 40 mins

Session 2

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

Total: 40 mins

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

Total: 145 mins

WEEK 11

Commencing 16th May

Session 1

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

Total: 45 mins

Session 2

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

Total: 45 mins

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

Total: 160 mins

WEEK 12

Commencing 23rd May

Session 1

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

Total: 25 mins

Session 2

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

Total: 25 mins

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

Total: 70 mins

WEEK 13

Commencing 30th May

Session 1

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

Total: 40 mins

Session 2

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

Total: 40 mins

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

Total: 175 mins

WEEK 14

Commencing 6th June

Session 1

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

Total: 45 mins

Session 2

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

Total: 45 mins

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

Total: 130 mins

WEEK 15

Commencing 13th June

Session 1

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

Total: 35 mins

Session 2

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

Total: 35 mins

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

Total: 85 mins

WEEK 16

Commencing 20th June

Session 1

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

Total: 25 mins

Session 2

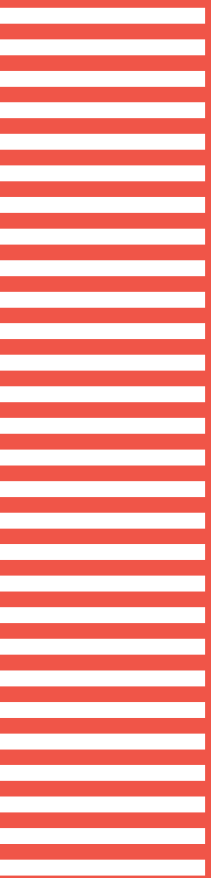
Warm up: 5 mins brisk walk
Session: ER - 15 mins
Warm down: 5 mins brisk walk

Total: 25 mins

Sunday 27th June

RACE DAY
Good luck!





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