

# Brighton Half Training Plan

## Extended 17 week plan

This is an extended training plan designed for runners doing a spring half marathon, and who are building up to the distance from a starting point of 5-6 miles.

The plan consists of a schedule of long Sunday runs to help you build up your mileage and give you confidence over increasing distances. The long Sunday runs are about covering the distance and time on your feet. You should be at an effort level of 5-6 out of 10, and able to sustain a conversation. The schedule for Sunday runs is below, showing the distance to run each Sunday and the suggested route. All runs start and finish at Broadbridge Heath Leisure Centre. Follow the links to the Good Run Guide to find printable route maps.

In addition, you should ideally run twice more during the week:

- On Tuesdays, join your normal HJ group for a run
- On Thursdays, join one of the HJ “effort” sessions (eg. track, intervals or hill training) – this is the evening to push yourself a little bit outside your comfort zone.

### Sunday Run Schedule

Date	Miles (approx.)	Route	Link to route map
8/11/15	6.5	Warnham station loop	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/363965">http://www.goodrungle.co.uk/RouteMap/MyRoutes/363965</a>
15/11/15	7	Warnham woods via river path	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/425854">http://www.goodrungle.co.uk/RouteMap/MyRoutes/425854</a>
22/11/15	7.5	Southwater & Kerves Lane	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/375077">http://www.goodrungle.co.uk/RouteMap/MyRoutes/375077</a>
29/11/15	6	Pondtail Road circuit	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/355349">http://www.goodrungle.co.uk/RouteMap/MyRoutes/355349</a>
6/12/15	7	Barns Green, return via Muntham House Lane	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/383039">http://www.goodrungle.co.uk/RouteMap/MyRoutes/383039</a>
13/12/15	8	Wickhurst Lane – Christ’s Hospital – Southwater – Worthing Rd	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/311336">http://www.goodrungle.co.uk/RouteMap/MyRoutes/311336</a>

20/12/15	9	Warnham woods with Horsham Park extension	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/431286">http://www.goodrungle.co.uk/RouteMap/MyRoutes/431286</a>
27/12/15	7.5	As 22/11/15	
3/1/16	9	As 20 Dec	
10/1/16	10	Langhurstwood Road circuit	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/425855">http://www.goodrungle.co.uk/RouteMap/MyRoutes/425855</a>
17/1/16	11	Sedgwick Lane – Coltstaple – Southwater – CH	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/398277">http://www.goodrungle.co.uk/RouteMap/MyRoutes/398277</a>
24/1/16	8	Barns Green – Cross Lane – 2 Mile Ash – CH	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/436302">http://www.goodrungle.co.uk/RouteMap/MyRoutes/436302</a>
31/1/16	12	Slinfold – The Haven – Downs Link	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/311341">http://www.goodrungle.co.uk/RouteMap/MyRoutes/311341</a>
7/2/16	10	“Mel's Milers” route	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/392626">http://www.goodrungle.co.uk/RouteMap/MyRoutes/392626</a>
14/2/16	13.1	The Lollipop – Clemsfold – Rowhook – Oakwoodhill and return  OR  Worthing Half (as a training run)	<a href="http://www.goodrungle.co.uk/RouteMap/MyRoutes/413094">http://www.goodrungle.co.uk/RouteMap/MyRoutes/413094</a>  <a href="http://worthinghalf.co.uk/half-marathon/">http://worthinghalf.co.uk/half-marathon/</a>
21/2/16	8	As 13 Dec	
28/2/16	13.1	Brighton Half Marathon	