

HJ MARATHON TRAINING PLAN WINTER/SPRING 2017

Day	Date	Distance	Races	Organiser
	Christmas break	20 miles in total, spread over 3 runs		DIY!
Monday	02 January 2017	10 miles	Hangover 5 (1 st)	Paul Aylett
Sunday	08 January 2017	12 miles		
Sunday	15 January 2017	13 miles		
Sunday	22 January 2017	14 miles		
Sunday	29 January 2017	12 miles		
Sunday	05 February 2017	14 miles	Chichester 10k (5 th)	
Sunday	12 February 2017	16 miles	Worthing Half Marathon (12 th)	
Sunday	19 February 2017	18 miles		
Sunday	26 February 2017	13 miles	Brighton Half Marathon, Thorpe Park Half Marathon (26 th)	
Sunday	05 March 2017	15 miles	Steyning Stinger, Eastbourne Half Marathon (5 th)	
Sunday	12 March 2017	16 miles		
Sunday	19 March 2017	20 miles (Brighton) / 18 miles (London)	Hastings Half Marathon (19 th)	
Sunday	26 March 2017	15 miles (Brighton) / 21 miles (London)	Cranleigh 15/21	No organised run – all do Cranleigh
Sunday	02 April 2017	10 miles (Brighton) / 16 miles (London)		
Sunday	09 April 2017	RACE DAY! (Brighton) / 14 miles (London)	BRIGHTON MARATHON	
Sunday	16 April 2017	10 miles	Lewes 10k WSFRL (17 th)	
Sunday	23 April 2017	RACE DAY!	LONDON MARATHON	