

HJ MARATHON TRAINING PLAN WINTER/SPRING 2018

Day	Date	Distance	Races	Organiser
	Christmas break	20 miles in total, spread over 3 runs		DIY!
Sunday	31 December 2017	10 miles		Dominic Wakefield
Sunday	07 January 2018	11 miles	Hangover 5 (1 st)	Alan McLachlan
Sunday	14 January 2018	13 miles		Emily Bradbury
Sunday	21 January 2018	14 miles		Paul Aylett
Sunday	28 January 2018	12 miles		Margaret Wadman
Sunday	04 February 2018	14 miles	Chichester 10k (4 th)	Iain Campbell
Sunday	11 February 2018	16 miles	Worthing Half Marathon (11 th)	Lin and Geoff
Sunday	18 February 2018	18 miles	Hampton Court Half Marathon (18 th)	Rob Jochimsen
Sunday	25 February 2018	13 miles	Brighton Half Marathon, Thorpe Park Half Marathon (25 th)	Paul Windust
Sunday	04 March 2018	15 miles	Steyning Stinger, Eastbourne Half Marathon, Bath HM (4 th)	Sue Heasman
Sunday	11 March 2018	16 miles	Surrey Half Marathon (11 th)	Tim Hampson
Sunday	18 March 2018	20 miles (Brighton) / 18 miles (London)	Hastings Half Marathon, Hampton Court Palace HM (18 th)	
Sunday	25 March 2018	15 miles (Brighton) / 21 miles (London)	Cranleigh 15/21	Mike Saunders or run Cranleigh
Sunday	01 April 2018	14 miles (Brighton) / 16 miles (London)	Lewes 10k (2 nd) – TBC	Daniel PRICE
Sunday	08 April 2018	10 miles (Brighton) / 14 miles (London)		Emma Comber
Sunday	15 April 2018	RACE DAY! (Brighton) / 10 miles (London)	BRIGHTON MARATHON	Meg Bernal
Sunday	22 April 2018	RACE DAY!	LONDON MARATHON	RACE DAY