

Barns Green Half Marathon Training Schedule 2018

The table below gives the schedule of long runs for this year's half marathon training. Some weeks there will be longer options for more experienced runners.

In addition, you should ideally run (at least) twice more during the week: on Tuesdays, run with your normal group; on Thursdays, choose the track or one of Claire's/Fiona's sessions. Adding some cross-training and/or strength and conditioning work would be good – but make sure you give yourself at least one day to rest and recover.

The long 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.

Route details will be posted on facebook each Friday. In most cases we will leave from the front of Broadbridge Heath Leisure Centre at 9am - but there may be some variations so watch out for the maps and instructions each week.

Any questions? Contact info@horshamjoggers.co.uk or speak to Fiona at any club session.

Date	Miles	Notes/Races
1 July	7	Bewl 15 SGP (1st)
8 July	7.5-8	Roundhill Romp WSFRL (4th)
15 July	9	Phoenix 10k (SGP) 11th
22 July	9	Wakehurst Willow (18th)
29 July	7-8	Bexhill 5k (25th), Seven Stiles WSFRL (29th)
5 August	9	Highdown Hike WSFRL (1st)
12 August	10	Henfield Half Marathon (12th)
19 August	11.5	Hove Hornets Stinger WSFRL (19th)
26 August	12.5	...or 2-3 legs of the Horsham Round on Monday 27th. Races this week: Newick 10k, Arundel Castle 10k (26th)
2 September	12	Fittleworth 5 WSFRL (2nd)
9 September	10	Hellingly 10k SGP, Chestnut Tree House 10k (9th)
16 September	13.1	Trial run over the race distance. This should still be at a comfortable speed – save that PB for the race! Races this week: Tilgate Forest 5 WSFRL, Reigate HM & 10k (16th)
23 September	8.5	This week and next week form your taper, so you can take the mid-week runs a bit easier to make sure you are fresh for the race
30 September	13.1	Race day - Enjoy!