

HJ MARATHON TRAINING PLAN WINTER/SPRING 2019

Runs are 09:00 start until February. From 03/02/2019 runs will start at 08:00hrs all from BBH Sports.

Date	Distance	Races	Organiser
Christmas break	20 miles in total, spread over 3 runs		DIY
30/12/18	10 miles		
06/01/19	11 miles	Hangover 5 (1st)	
13/01/19	13 miles		
20/01/19	14 miles		
27/01/19	12 miles		
03/02/19	14 miles	Chichester 10k (3rd)	
10/02/19	16 miles	Worthing HM (10th)	
17/02/19	18 miles	Hampton Court HM (17th)	
24/02/19	13 miles	Brighton HM, Thorpe Park HM (24th)	
03/03/19	15 miles	Steyning Stinger, Eastbourne HM (3rd)	
10/03/19	16 miles	Surrey HM (10th)	
17/03/19	18 miles	Bath Half, Hampton Court Palace HM (17th)	
24/03/19	20 miles (Brighton) / 18 miles (London)	Hastings HM (24th)	
31/03/19	15 miles (Brighton) / 21 miles (London)	Cranleigh 15/21 (31st)	
07/04/19	10 miles (Brighton) / 16 miles (London)		
14/04/19	RACE DAY! (Brighton) / 14 miles (London)		
21/04/19	10 miles	Lewes 10k 22 nd (TBC)	
28/04/19	RACE DAY! (London)		