

Summer Half Marathon Training Schedule 2019

The table below gives the schedule of long runs for this year's half marathon training. The schedule builds towards the Run Reigate half marathon on 15 September, which is our Half Marathon Challenge Trophy race this year. It may also be used as preparation for the Barns Green half marathon on 29 September.

Before starting this plan you should be comfortable running at least 10k. As well as the long runs, 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 a week 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 Bridge at Broadbridge Heath 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 one of the committee at any club session.

Date	Miles	Notes/Races
30 June	7	Roundhill Romp (WSFRL) (3rd)
7 July	7.5-8	Bewl 15 (SGP) (7th)
14 July	9	Phoenix 10k (SGP) (10th), Hove Hornets Stinger (WSFRL and HJ Challenge Trophy race) (14th)
21 July	9	Wakehurst Willow (17th)
28 July	7-8	Seven Stiles WSFRL (28th)
4 August	9	Bexhill 5k (SGP) (31st)
11 August	10	Highdown Hike WSFRL (7th)
18 August	11.5	Henfield Half Marathon (18th)
25 August	12.5	...or 2-3 legs of the Horsham Round on Monday 26th. Races this week: Windlesham House 4 (WSFRL) Newick 10k, Arundel Castle 10k (25th)
1 September	12	Fittleworth 5 WSFRL (1st)
8 September	Reigate 8.5 BG 10	Reigate runners you are now tapering, so take your mid-week runs easy this week and next week. Races: Hellingly 10k (SGP), Chestnut Tree House 10k (5 to 10k graduation race) (8th)
15 September	13.1	Reigate Race Day - Enjoy! BG runners - Trial run over the race distance. This should still be at a comfortable speed – save that PB for the race!
22 September	8.5	This week and next week form your taper, so you can take the mid-week runs a bit easier Races this week: Tilgate Forest 5 (WSFRL) (22nd)
29 September	13.1	Barns Green Race day - Enjoy!