

HJ MARATHON TRAINING PLAN WINTER/SPRING 2020

Date	Distance	Races	Organiser
Christmas break	20 miles in total, spread over 3 runs		DIY
29/12/19	10 miles		Penny Baron
05/01/20	11 miles	Hangover 5 (1st)	Chris Yeomans
12/01/20	13 miles		Andy/Victoria
19/01/20	14 miles		Alison Hartley
26/01/20	12 miles		Clive Walker
02/02/20	14 miles	Chichester 10k, Thorpe & Egham HM (2nd)	Tim Hampson
09/02/20	16 miles	Worthing HM (9th)	Daniel Price
16/02/20	18 miles	Hampton Court HM (23rd)	Sue Zanin
23/02/20	13 miles	Brighton HM (23rd)	Margaret Wadman
01/03/20	15 miles	Steyning Stinger, Eastbourne HM (1st)	Mark Holmes
08/03/20	16 miles	Surrey HM (8th)	
15/03/20	18 miles	Bath Half, Hampton Court Palace HM (15th)	Rob J and pals
22/03/20	20 miles (Brighton) / 15 miles (London)	The famous Grouse road run route	
29/03/20	18 miles (Brighton) / 21 miles (London)	Hastings HM, Cranleigh 15/21 (29th)	Rob J and pals
05/04/20	15 miles (Brighton) / 16 miles (London)		Samantha Edwards
12/04/20	10 miles (Brighton) / 14 miles (London)	Lewes 10k 13 th	
19/04/20	RACE DAY! (Brighton) / 10 miles (London)		
26/04/20	RACE DAY!		