

# Barns Green Half Marathon Training Schedule - Summer 2022

The table below gives a schedule of Sunday long runs for this year's half marathon training. The schedule builds towards the Barns Green Half Marathon on 25th September. Before starting this plan you should be comfortable running 10k.

This is not a comprehensive training plan but just a schedule for longer runs. However, 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 Coach Fiona's sessions.

Adding some cross-training and/or strength and conditioning work would also 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.

We will provide some support on the longer runs but please ensure you carry water and/or energy gels etc. with you. Please run together in groups where possible and carry a mobile phone with you.

Please also ensure you are well hydrated before these runs and have a recovery drink available after each run.

The table also shows other races that are happening each week. You will need to adapt the training (perhaps run your long run on another day?) if you decide to run these.

Any questions? Contact [info@horshamjoggers.co.uk](mailto:info@horshamjoggers.co.uk) or speak to a committee member at any club session.

Date	Distance in miles/km	Possible Route	Other Races this week
3 <sup>rd</sup> July	7/11	BG loop via Muntham Hse Lane	HJ On Tour at Mole Valley parkrun
10 <sup>th</sup> July	8/13	7-8 miles Southwater & Loves Lane	WSFRL Roundhill Romp, WSFRL Hornets Stinger
17 <sup>th</sup> July	9/14.5	9 miles Worthing Rd/ Southwater/ Bonfire Hill circuit	
24 <sup>th</sup> July	10/16	TBA. Barns Green and Bashurst Hill?	WSFRL Seven Stiles
31 <sup>st</sup> July	7.5/12 Recovery week	TBA. 7-8 miles off-road with hills?	
7 <sup>th</sup> August	9/14.5	9 miles “bacon booty run” from Copsale	WSFRL Highdown Hike
14 <sup>th</sup> August	11/17.6	Sedgwick, Coltstaple, Southwater, CH	WSFRL Windlesham House
21 <sup>st</sup> August	12/19.3	Barns Green 2nd half route 12.5 miles	Henfield Half
28 <sup>th</sup> August	12/19.3 ... or 2-3 legs of the Horsham Round on Monday 29 <sup>th</sup> .	12 miles The Haven	Horsham Round, Arundel 10k
4 <sup>th</sup> September	10/16 Recovery week	10 miles “Mel’s Milers” course plus BBH to CH and back	Littlehampton 10k, WSFRL Fittleworth
11 <sup>th</sup> September	12-13/21 HM Trial run		WSFRL Tilgate
18 <sup>th</sup> September	8.5/13.6  This week is a taper week, so you should run less and/or easier in mid-week.	8.5 miles Slinfold Stroll	Reigate Half
25 <sup>th</sup> September	13.1/21.1		<b>Race Day!!</b>

WSFRL – West Sussex Fun Run League