

# Barns Green Half Marathon Training Schedule- Summer 2024

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 29th September. You should be comfortable running 10k before starting this plan.

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 the non-track sessions with Claire or Karen.

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 8 am or 9am - but there may be some variations so watch out for the maps and instructions each week.

We will provide some limited 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 **some** 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
7 July	7/11	BG loop via Muntham Hse Lane	WSFRL Roundhill Romp, SGP Bewl 15
14 July	8/13	7-8 miles Southwater & Loves Lane	WSFRL Arunners Beach Run, WSFRL Hornets Stinger
21 July	9/14.5	9 miles Worthing Rd/Southwater/Bonfire Hill circuit	WSFRL Henfield Seven Stiles, SGP Phoenix 10k
28 July	10/16	TBA. Barns Green and Bashurst Hill?	Wakehurst Willow
4 August	7.5/12 Recovery week	TBA. 9 mile "bacon booty run" from Copsale?	
11 August	9/14.5	TBA	Guildford 10k WSFRL Highdown Hike
18 August	11/17.6	Sedgwick, Coltstaple, Southwater, CH	
25 August	12/19.3 or 2-3 legs of the Horsham Round	Barns Green 2nd half route 12.5 miles	Horsham Round
1 September	10/16 Recovery week	10 miles "Mel's Milers" course plus BBH to CH and back	
8 September	12/19.3	12 miles The Haven	WSFRL Saints and Sinners
15 September	12-13/21 HM Trial run		Alf Shrubbs Memorial Race
22 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, SGP Hellingly
29 September	13.1/21.1		<b>Race Day!!</b>

WSFRL = West Sussex Fun Run League

SGP = Sussex Grand Prix