

HJ Winter marathon training 2026

By the start of the plan you will need to be in a position to run 10 miles in relative comfort. Sunday runs start at 8.00 from The Bridge (please arrive at least 10 mins earlier to receive run plans) PLEASE BE AWARE IT IS YOUR RESPONSIBILITY TO HAVE LOOKED AT THE ROUTE PRIOR TO THE SUNDAY RUN Please sign up to plan a run / provide refreshment stops.							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest 29/01	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	04/01 10 miles
2	Rest 05/01	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	11/01 11 miles
3	Rest 12/01	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	18/01 13 miles
4	Rest 19/01	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	25/01 14 miles
5 Recovery week	Rest 26/01	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track (easy) Or run	Strength/ conditioning Bike/swim	Parkrun	01/02 12 miles
6	Rest 02/02	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Parkrun	08/02 14 miles
7	Rest 09/02	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	15/02 16 miles
8	Rest 16/02	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	22/02 18 miles
9 Recovery week	Rest 23/02	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track (easy) Or run	Strength/ conditioning Bike/swim	Park run	01/03 14 miles

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10	Rest 02/03	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	08/03 18 miles
11	Rest 09/03	HJ Tuesday run Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	15/03 21 miles 16 miles (easier week)
12	Rest 16/03	Take a slower HJ group than usual HJ Tuesday run	Strength/ conditioning Bike/swim	Easy track or run	Strength/ conditioning Bike/swim	Parkrun	22/03 18 miles (both) Brighton tapering
13	Rest 23/03	Take a slower HJ group than usual HJ Tuesday Run	Strength/ conditioning Bike/swim	Easy track or run Track Or run	Strength/ conditioning Bike/swim	Parkrun	29/03 15 miles tapering 21miles
14	Rest 30/03	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy track or run	Strength/ conditioning Bike/swim	Parkrun	05/03 Easter Sunday 10 miles tapering 18 miles tapering
15	Rest 06/04	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy track or run	Strength/ conditioning Bike/swim	Rest Gentle stretches Parkrun	12/04 Brighton marathon race day 15 miles tapering
16	Rest 13/04	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy track or run	Strength/ conditioning Bike/swim	Parkrun	19/04 10 miles tapering
17	Rest 20/04	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy track or run	Strength/ conditioning Bike/swim	Rest Gentle stretches	26/04 London Marathon race day

You will need to give yourself a rest day to enable your body to recover from the increase in mileage. The strength and conditioning or alternative exercise will help your body get strong and help to mitigate injury. The sessions are only as an idea if you have your own sessions use those.

Because of the timings of the two marathons being 2 weeks apart you will need to follow Blue for Brighton marathon and Green for London marathon.

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Long Sunday runs should be run slower than your marathon pace (approx. 1 min per km slower) with a few of these runs to include a marathon pace section of between 3 and 6 miles. The speed sessions can be done on the track where mileage is not the purpose. To help work out your estimated marathon pace use the Jack Daniels pace calculator (see the link – <https://vdoto2.com/calculator/>).

All Sunday runs are supported by HJ. It is hoped that those that take part also take on the role of leader (setting the route and providing an extra support vehicle in case a runner needs to cut their run short) and/or provide support by meeting the runners on route with refreshments. Other members of the club also kindly undertake some of these roles.

A rota is drawn up at the start where members can sign up to help.

If you need extra rest take this mid- week or do an easier session. All days can be altered to suit you.

The plan can also be tweaked to include races.

When you run a race it may be shorter than your expected long run but you will be putting in a greater effort into it.

If you would like ideas for strength and conditioning then check out our plans on the web site or speak to one of our coaches.

Please also see the advice for those wishing to join the marathon training, this is to keep everyone safe.