

10-week Wheelchair Training Plan

How to use this plan

Training for a half marathon as a wheelchair user can be very different to training for the distance as a runner. Wheelchair users will have other factors that impact their training and fitness levels, such as whether they are a full-time or part-time user, length of time as a wheelchair user and involvement in other physical activity.

If you are a full-time manual wheelchair user you will push your chair every day and therefore will be exercising your arms, which will help your strength and fitness. If you participate in other sports such as wheelchair basketball or rugby, then you may feel you can switch out one of the weekday sessions for your regular training session. Sessions are likely to vary for each person, for example a session can be harder if there are more inclines and hills within your chosen route. It's good to include some hill training as this will help strengthen your arms.

Different types of training

EASY PUSH

STEADY PUSH A steady push is designed to replicate Event Day and help improve your overall stamina to complete the distance. Try and build up to a pace that y could maintain for the time or distance asked in the plan. You may prefer to mix up a steady push with some fast pushing and some easy pushing regular intervals. For example, you could fast push for five minutes and then easy push for one minute over the course of the session.							
	MONDAY Get motivated for the week ahead!	TUESDAY TRAINING DAY	WEDNESDAY Podcast of the week -	THURSDAY TRAINING DAY	FRIDAY REST DAY	SATURDAY Relax, and plan your	SUNDAY TRAINING DAY
WEEK 1	Starting off right Firstly, you can do this! 13.1 miles is a long way, but have faith in yourself and the journey you are about to go on – and this plan! Regular running will develop the stamina and strength you need to run a successful half marathon. LET'S GO!	Easy Push 20 minutes	Listen The Start Line Podcast Hosted by Dee, Jules and Petrina: three sisters talking about running, eating, music, life and everything in between.	Easy Push 30 minutes	Follow us on social media Be the first to hear all our news by following Bath Half on Facebook and Instagram	The good news? There's no training today! Sit back, relax (if you can!), reflect on your success and look forward to the week ahead. These Sundays are a chance to rest, and plan your fundraising! First up, create your fundraising page with Enthuse, our Official Fundraising Partner.	Easy Push 4 miles
WEEK 2	Fuelling your body Here are our top three foods to help aid your recovery and rebuild and repair those muscles after every run: 1. Watercress Not just garnish – watercress is an established big-hitter for recovery and damage limitation. The peppery leaves contain hefty amounts of iron, vitamin C and calcium and are a great way to liven up a salad. Eat: Whenever you can 2. Alcohol-free beer Contains powerful antioxidant phenols: a German study showed runners who were given non-alcoholic beer for three weeks before the Munich Marathon suffered less inflammation afterwards than a placebo group – and probably fewer headaches too! Drink: In the lead-up to the event 3. Apples Among many good things, apples contain quercetin, an anti- inflammatory antioxidant.	Easy Push 30 minutes	Listen The Run Wave A safe place for runners to discuss what's on their mind, vent about things going on within the running community, and just a place where runners can be themselves and have a great time.	Easy Push 40 minutes	Check out these inclusive clubs and training sessions Claudia Burrough, holder of seven ultramarathon and marathon world records, shares her top advice for getting the most out of your Training Plan.	Involve colleagues. Add your fundraising link to your email signature, or put it on the work noticeboard, to spread the word with your colleagues.	Easy Push 5 miles
WEEK 3	Training in the winter Over the coming weeks we'll be sharing winter training tips on our website.	Easy Push 40 minutes	Listen Rich Roll podcast Ultra-endurance athlete Rich Roll delves deep into all things wellness, with some of the brightest and most forward-thinking, paradigm-busting minds in health, fitness, nutrition, art, entertainment, entrepreneurship, and spirituality. Rich aims to help you unlock your best self.	Easy Push 50 minutes		Double your money. Check if your employer does 'matched giving' - this could double the amount you raise for charity!	Easy Push 6 miles
WEEK 4	Three tips for a good night's sleep 1. Turn your screens off an hour before bed: the blue light emitted from your devices can interfere with your circadian rhythm. 2. Give yourself a three-hour gap between your last meal and your bedtime. A settled stomach can help you relax and get into that sleepy state sooner. 3. Avoid caffeine after midday. Caffeine raises your heart rate and can stay in your system for up to seven hours.	Easy Push 40 minutes	Listen To My Sisters Courtney Daniella Boateng and Renee Kapuku's mission is to see women win. Focused on fostering positive female relationships, To My Sisters offers women the space for holistic wellness, growth and healing.	Easy/Steady Push Total: 50 minutes 10 minutes easy 30 minutes steady 10 minutes easy	Disability influencers Around 14 million people in the UK have some sort of disability – read about the disability influencers trying to make a difference and leave their mark on social media.	Organise a quiz night. Host a quiz night and charge people an entry fee to add to your fundraising total. You could hold a raffle at the same time too!	Easy Push 6 miles
WEEK 5	Have fun with Fartlek! At the halfway point in the plan, you may want to bring some variety to your schedule. Fartlek training makes a great alternative to road running. The word 'Fartlek' comes from the Swedish meaning 'speed play' - find out how to have some Fartlek fun on your runs.	Easy Push 45 minutes	Listen The Disabled Debrief Conscious Being Magazine is written for and by disabled women and non- binary people - and its podcast covers subjects such as privilege, chronic illness in the workplace, disability in sports and more!	Easy/Steady Push Total: 40 minutes 10 minutes easy 2 mins fast then 2 mins easy x 5 10 minutes easy	Women's Running Diversity and inclusion is at the heart of monthly magazine Women's Running and each cover star is representative of diverse ethnicity, body types and abilities.	Sponsor a mile. Make it easy for people to donate: share your fundraising page and ask them to sponsor you an amount per mile.	Easy Push 7 miles
WEEK 6	Inspiring community groups Community groups empower runners of all backgrounds and abilities to feel the benefits of exercise and help make running events accessible to all. Check our website regularly to find out more about some of the amazing community groups taking part in the event this year.	Steady Push 45 minutes	Listen Women's Running podcast Each week the Women's Running magazine team chats to and has a cuppa with an incredible woman from the world of running – their interview with	Easy/Steady Push Total: 50 minutes 5 minutes easy 40 minutes steady 5 minutes easy		Share your progress. Post an update and photo from one of your training runs on your fundraising page and share it on social media and via email.	Easy Push 8 miles

interview with **Denise Stephenson**, co-founder of Emancipated Run Crew, is inspiring! Listen

Power Hour with

Adrienne Herbert

What could you do

Film night. How

about a change of

pace with a relaxed

film night at home?

Charge your friends

WEEK

emotions out, don't bottle them up or they will build.

sleep routine.

How to deal with injury

1. It's OK to be upset or angry about

not being able to run. Let those initial

2. You can't run right now, but that doesn't mean you're not an athlete. Use this time to focus on your diet,

improve flexibility and work on a better

3. Don't rush back. You can end up doing yourself more damage. Take your time and trust the process!

Easy Push

50 minutes

day to improving yourself and your life? Host Adrienne Herbert explores this idea by speaking to today's leading coaches, creatives,

change-makers and

innovators, finding out about their routines, habits, and rules to live by.

if you dedicated just one hour each

Easy/Steady

Total: 40 minutes

10 minutes easy

1 min fast then

1 min easy x 10

10 minutes easy

Push

education, business, science, tech, and creativity that are

TED Talks

Check out @ted

for videos from

expert speakers on

designed to spark conversation, deepen understanding and drive meaningful change.

a small entrance fee to come along to add to your total.

Easy Push

9 miles

WEEK

Three steps to fundraising 1. Set up your fundraising page with our Official Fundraising Partner,

present! **2.** Set your target – make sure you set a fundraising goal for all

potential donors to see. It will give you

something to aim for too!

Enthuse, now - there's no time like the

3. Personalise your page – this is your opportunity to share your story. Let

people know why you're running and

Easy Push

40 minutes

Steady Push

50 minutes

host this mentalhealth focused podcast all about participation, fun, interaction and welcome.

Total: 60 minutes 15 minutes easy 30 minutes steady

Easy/Steady

Push

Plan an outfit and then consider auctioning the choice of your event

Consider fancy

dress. Everyone

loves fancy dress!

running gear to the highest donor. Make sure you've

Easy Push

10 miles

WEEK

Understanding tapering It may feel counter-productive, but slowing down, prioritising rest, and

reducing your mileage in the last couple of weeks before Event Day is exactly what your body needs to perform at its very best.

Listen

Run Things

Great inspiration

those aspiring to

for all runners (and

run), Kev and Clare

support. Everyone is

Listen

Well Far: the

Running Podcast

help you to go the

distance - check

out the Miles and

Well Far aims to

15 minutes easy

Steady Push

45 minutes

practised running in your outfit before Event Day.

Easy Push

7 miles

So trust your training - you won't gain any extra fitness in these last couple of weeks. Rest up and make sure you're itching to go next week.

Your Menstrual **Cycle episode** to discover the link between periods and performance.

Listen

on the stories that matter, but that you may not hear about from other outlets. **Easy Push**

final fundraising push as you prepare for Event Day next

Sunday.

One final push!

Amazing work

- you've nearly

completed week 9

of your Training Plan!

Now it's time for one

THE **BATH** hard work so now **HALF**

WEEK

Preparing for Event Day You've made it to week 10 congratulations! You've done the hard

work and now all that's left is to go out and run 13.1 miles. But before you do that, make sure you've read your Event Guide, which we will email to you. It includes everything you need to know to ensure your day runs smoothly.

Easy Push

50 minutes

Marcus Brown Be inspired by accomplished marathoner Marcus Brown as he and his guests tackle the topics around training that impact our daily lives.

A Runner's Life -

40 minutes

you can relax and

Dose of Society

perspective on the

news, check out

@doseofsociety.

They're a social

media team that

shines the lights

For a fresh

Rest day You're nearly there! You've done all the

reflect on how far **EVENT** you've come in DAY! the last 10 weeks. Tomorrow is a big The good news? day - make sure you Today is The Bath eat well and get to Half! The even better bed early, so you're news? You're going ready to take on to smash it! See you 13.1 miles! at the Start!





Coopah, today.