

# WHEELCHAIR TRAINING PLAN

## How to use this plan

Training for a 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 although the TCS London Marathon is considered a flat course, there are inclines which you should prepare for.

## Different Types of Training

### EASY PUSH

The purpose of an easy push is to spend time in your chair, which will help you improve your stamina. Focus on covering the distance or time instead of focusing on the pace you are pushing at.

An easy push will be different for different wheelchair users, but it should feel slightly faster than your everyday pushing speed. As you progress through the Training Plan you should feel your easy push speed increase, if this is the case go with whatever pace feels comfortable. The purpose of an easy push workout is to improve fitness and complete the distance or time allocated for the session.

### STEADY PUSH

A steady push is designed to replicate Marathon Day and help improve your overall stamina to complete the distance.

Try and build up to a pace that you 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 at regular intervals. For example, you could fast push for five minutes and then easy push for one minute over the course of the session.

## TOP TRAINING TIPS

We've added tips on how to boost your motivation, nail your nutrition, fundraise like a pro and celebrate successes big and small!

The plan also features easy recipes and podcast ideas to help you make the most of your rest days. Enjoy!

### Getting your nutrition strategy right

Considering your nutrition strategy is a key component of completing a marathon.

As your training runs become longer, you'll start to rely more on carbohydrate to fuel your run.

Since our bodies can only store a finite amount of carbohydrate, it's really important we consume it during the event to keep our energy stores topped up and prevent us from 'hitting the wall'.

Lucozade Sport is the perfect marathon partner to support you throughout your training for the TCS London Marathon and the event itself.

It provides carbohydrates and electrolytes to enhance your hydration and help maintain your performance during prolonged endurance exercise – exactly what you need to do a marathon.

### How to hit your fundraising target

If you're fundraising as part of your TCS London Marathon challenge, we've included tips throughout this plan to help you hit your target.

Now's the perfect time to get your [official fundraising page](#) set up. Pick your cause, add a profile picture and the story of why you're fundraising for your charity, and get sharing!

You can also get a QR code from your [official fundraising page](#) and print it – and details of who you're completing the 26.2 miles for – on flyers and business cards.

Hand them out wherever you go to inspire some random acts of kindness. You could even put it on a badge on your kit!

We know fundraising can sometimes feel daunting, but your family, friends and colleagues are sure to step up and support you as you take on this amazing goal.

Research shows a whopping 86% of people almost always donate when they get a request to support a charity event, so don't be worried about asking!

Once you've set up an official fundraising page, your supporters will also be able to donate to you via the Official App, powered by TCS, on Marathon Day.

# TRAINING PLAN

|               | MONDAY                                                                                                                                                                                    | TUESDAY                          | WEDNESDAY                                                                                                                                                                                 | THURSDAY                                                                                            | FRIDAY                                                                                                                                                                                                               | SATURDAY                                                                                                                                                                                                       | SUNDAY                                          |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| <b>WEEK 1</b> | <b>REST DAY</b><br>This week is all about increasing time in your chair and building a strong foundation and routine. It's also a great time to set up your official fundraising page!    | <b>EASY PUSH</b><br>30 minutes   | <b>REST DAY</b><br><b>Easy recipe ideas</b><br>Check out <a href="#">BBC Good Food</a> for Marathon Meal Plans, plus quick, easy and healthy recipes to support your training.            | <b>EASY PUSH</b><br>40 minutes                                                                      | <b>REST DAY</b><br>Get in the habit of posting a weekly update after your long run on your <a href="#">fundraising page</a> and share it across social and email with your friends and colleagues.                   | <b>REST DAY</b><br><b>Donate to yourself</b><br>Kick-start your fundraising with a donation to yourself – it will show your commitment and encourage others to donate!                                         | <b>EASY PUSH</b><br>60 minutes                  |
| <b>WEEK 2</b> | <b>REST DAY</b><br>The first few weeks are important. Find the time to fit in your workouts. Rest days are a great time to enjoy podcasts. Look out for suggestions throughout this plan! | <b>EASY PUSH</b><br>30 minutes   | <b>REST DAY</b><br><b>Get planning!</b><br>Put together a plan of all the fundraising ideas you want to try and when you are going to do them.                                            | <b>EASY PUSH</b><br>40 minutes                                                                      | <b>REST DAY</b><br><b>Your fuelling strategy</b><br>When you pass the 60-minute mark tomorrow, start to think about your fuelling strategy for Marathon Day.                                                         | <b>REST DAY</b><br><b>Try Lucozade Sport</b><br>Now's the perfect time to start incorporating <a href="#">Lucozade Sport</a> into your longer training runs!                                                   | <b>EASY PUSH</b><br>70 minutes                  |
| <b>WEEK 3</b> | <b>REST DAY</b><br>You're doing a great job. The more you do the easier it feels!                                                                                                         | <b>EASY PUSH</b><br>40 minutes   | <b>REST DAY</b>                                                                                                                                                                           | <b>EASY PUSH</b><br>50 minutes                                                                      | <b>REST DAY</b><br><b>Involve colleagues</b><br>Share your <a href="#">fundraising page</a> link with your colleagues. You could put it on the staff noticeboard or add it to your email signature.                  | <b>REST DAY</b><br>The first block of four weeks is almost done. Stick to your plan this week and build up to your longest time in your chair.                                                                 | <b>EASY PUSH</b><br>80 minutes                  |
| <b>WEEK 4</b> | <b>REST DAY</b><br><b>Share your progress</b><br>Post an update and photo from your weekend long run on your fundraising page and share it on social media and email.                     | <b>STEADY PUSH</b><br>60 minutes | <b>REST DAY</b><br><b>Post a payday push!</b><br>It's the end of the long month of January, which means it's payday – a great time to share your <a href="#">fundraising page</a> !       | <b>EASY PUSH</b><br>40 minutes                                                                      | <b>REST DAY</b><br><b>What to eat and when</b><br>Take a look at BBC Good Food's feature, ' <a href="#">What to eat when running a marathon</a> ', for nutrition tips to make sure you bound over the Finish Line... | <b>REST DAY</b>                                                                                                                                                                                                | <b>EASY PUSH</b><br>90 minutes                  |
| <b>WEEK 5</b> | <b>REST DAY</b><br>This is a lighter week to allow you to adapt to the training you've done so far.                                                                                       | <b>STEADY PUSH</b><br>30 minutes | <b>REST DAY</b><br><b>Listen to this!</b><br><a href="#">Dr Rangan Chatterjee's Feel Better, Live More</a> podcast is packed with tips to improve the way you eat, sleep, move, and more. | <b>EASY PUSH</b><br>20 minutes                                                                      | <b>REST DAY</b>                                                                                                                                                                                                      | <b>REST DAY</b><br><b>Little and often</b><br>Sipping on <a href="#">Lucozade Sport</a> little and often during your training will help to keep your fuel stores topped up and also to help keep you hydrated. | <b>EASY PUSH</b><br>60 minutes                  |
| <b>WEEK 6</b> | <b>REST DAY</b><br>This week is when the marathon training kicks in, building more time in your chair and preparing you for some mixed paces next week.                                   | <b>EASY PUSH</b><br>40 minutes   | <b>REST DAY</b>                                                                                                                                                                           | <b>STEADY PUSH</b><br>50 minutes                                                                    | <b>REST DAY</b><br><b>Double your money</b><br>Check if your employer does 'matched giving' – this could double the amount you raise for charity!                                                                    | <b>REST DAY</b><br><b>Practise fuelling</b><br>Experiment with different fuelling strategies – what will you consume and when? Practise different strategies and adapt!                                        | <b>EASY PUSH</b><br>2 hours or 10 miles         |
| <b>WEEK 7</b> | <b>REST DAY</b><br>A solid week in the bank allowing training and routine to continue.                                                                                                    | <b>EASY PUSH</b><br>45 minutes   | <b>REST DAY</b><br><b>Develop good habits</b><br>For bite-sized advice about building good habits, check out <a href="#">The Habit Coach podcast with Ashdin Doctor</a> .                 | <b>STEADY PUSH</b><br>50-minute push:<br>10 minutes easy<br>30 minutes<br>10 minutes                | <b>REST DAY</b>                                                                                                                                                                                                      | <b>REST DAY</b><br><b>Consider fancy dress!</b><br>Everyone loves fancy dress, so consider auctioning the choice of your event gear to the highest donor!                                                      | <b>EASY PUSH</b><br>2 hours 10 mins or 12 miles |
| <b>WEEK 8</b> | <b>REST DAY</b>                                                                                                                                                                           | <b>EASY PUSH</b><br>50 minutes   | <b>REST DAY</b>                                                                                                                                                                           | <b>EASY/STEADY PUSH</b><br>50-minute push:<br>5 minutes easy<br>40 minutes steady<br>5 minutes easy | <b>REST DAY</b><br><b>Sponsor a mile</b><br>Make it easy for people to donate: share your <a href="#">fundraising page</a> and ask them to sponsor you an amount per mile.                                           | <b>REST DAY</b><br><b>Try Lucozade Sport Energy Gels</b><br>These will be available on the course, so try them in training – while also keeping hydrated!                                                      | <b>EASY PUSH</b><br>2 hours 30 mins or 14 miles |

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|                | MONDAY                                                                                                                                                                            | TUESDAY                        | WEDNESDAY                                                                                                                                                                                                          | THURSDAY                                                                                              | FRIDAY                                                                                                                                                                                                                     | SATURDAY                                                                                                                                                                                                       | SUNDAY                                                                                                                                                                                                         |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WEEK 9</b>  | <b>REST DAY</b><br>The next few weeks are all about the long run, building your capacity to complete the marathon. Practise your hydration and fuel strategies on your long runs. | <b>EASY PUSH</b><br>50 minutes | <b>REST DAY</b><br><b>Marathon Talk</b><br>The <a href="#">Marathon Talk</a> podcast is co-hosted by Martin Yelling. Hear the latest news and views from the Abbott World Marathon Majors.                         | <b>EASY/STEADY PUSH</b><br>60-minute push:<br>15 minutes easy<br>30 minutes steady<br>15 minutes easy | <b>REST DAY</b>                                                                                                                                                                                                            | <b>REST DAY</b><br><b>Training tunes</b><br>Let people choose your training playlist in exchange for a donation per song.                                                                                      | <b>EASY PUSH</b><br>2 hours 45 mins or 16 miles                                                                                                                                                                |
| <b>WEEK 10</b> | <b>REST DAY</b><br>Enter a half marathon to familiarise yourself with Event Day routines, such as pre-event nutrition, clothing and hydration strategies.                         | <b>EASY PUSH</b><br>50 minutes | <b>REST DAY</b><br><b>Work fundraising day</b><br>Try being the coffee/breakfast delivery person, or ask for donations for making teas and coffees all week.                                                       | <b>EASY PUSH</b><br>40 minutes                                                                        | <b>REST DAY</b><br><b>Easy veggie burritos</b><br><a href="#">BBC Good Food's black bean burritos</a> are nutritious and full of smoky chipotle flavour. Try the energy-boosting Mexican wraps for perfect fitness fodder. | <b>REST DAY</b>                                                                                                                                                                                                | <b>STEADY PUSH</b><br>2 hours or 13.1 miles                                                                                                                                                                    |
| <b>WEEK 11</b> | <b>REST DAY</b>                                                                                                                                                                   | <b>EASY PUSH</b><br>60 minutes | <b>REST DAY</b>                                                                                                                                                                                                    | <b>EASY/STEADY PUSH</b><br>50-minute push:<br>10 minutes easy<br>30 minutes steady<br>10 minutes easy | <b>REST DAY</b><br>The next four weeks are about getting to know your marathon pace. Have a target time in minutes and work out your pace per mile.                                                                        | <b>REST DAY</b><br><b>Auction each mile</b><br>Auction the naming rights for each mile, then stitch the donor's name on your running shirt for the big day!                                                    | <b>STEADY PUSH</b><br>2 hours 45 mins or 16 miles                                                                                                                                                              |
| <b>WEEK 12</b> | <b>REST DAY</b><br>There are just three more weeks of hard training left before the taper and you start to run less and sharpen up.                                               | <b>EASY PUSH</b><br>40 minutes | <b>REST DAY</b>                                                                                                                                                                                                    | <b>EASY/STEADY PUSH</b><br>50-minute push:<br>5 minutes easy<br>40 minutes steady<br>5 minutes easy   | <b>REST DAY</b><br><b>Make the local news</b><br>Approach your local newspaper or radio station and tell them why you're running for your chosen charity.                                                                  | <b>REST DAY</b><br><b>Find your Power Hour</b><br>Tune into the <a href="#">Power Hour with Adrienne Herbert</a> to find out what you could achieve if you dedicated one hour each day to improving your life. | <b>EASY/STEADY PUSH</b><br>3-hour push:<br>60 mins easy<br>60 mins steady<br>60 mins easy                                                                                                                      |
| <b>WEEK 13</b> | <b>REST DAY</b><br>Dial in to your long run this week. Focus, plan and prepare. Relax, tune in, and tick off the miles.                                                           | <b>EASY PUSH</b><br>50 minutes | <b>REST DAY</b><br><b>Be inspired</b><br>Check out <a href="#">A Runner's Life</a> podcast with <a href="#">Marcus Brown</a> , as he and his guests tackle the topics around training that impact our daily lives. | <b>EASY/STEADY PUSH</b><br>60 minutes                                                                 | <b>REST DAY</b>                                                                                                                                                                                                            | <b>REST DAY</b><br><b>Share your progress</b><br>Remember to post an update on your <a href="#">fundraising page</a> after your long run this weekend and share it across social and via email.                | <b>STEADY PUSH</b><br>4 hours 30 mins or 22 miles<br><b>Longest run</b><br>Try and train using your same kit as Event Day, including nutrition. Try and target your ideal marathon pace, but don't go too fast |
| <b>WEEK 14</b> | <b>REST DAY</b><br>The long run is reducing in volume. Don't be tempted to do more or you will risk being tired on the Start Line.                                                | <b>EASY PUSH</b><br>40 minutes | <b>REST DAY</b><br><b>Fuel your taper</b><br>Begin to increase the proportion of carbohydrate in your diet but not overall calories! Stay well hydrated.                                                           | <b>EASY PUSH</b><br>50 minutes                                                                        | <b>REST DAY</b>                                                                                                                                                                                                            | <b>REST DAY</b><br><b>Have a bake sale!</b><br>Make some tasty treats and sell them to family, friends and colleagues to boost your fundraising total.                                                         | <b>EASY PUSH</b><br>90 minutes                                                                                                                                                                                 |
| <b>WEEK 15</b> | <b>REST DAY</b><br>The taper is here. Doing less is all about recovering from the hard training so you can stand on the Start Line ready to do your best.                         | <b>EASY PUSH</b><br>40 minutes | <b>REST DAY</b><br><b>Film night</b><br>How about a change of pace with a relaxed film night at home? Charge your friends a small entrance fee to come along to add to <a href="#">your total</a> .                | <b>EASY PUSH</b><br>30 minutes                                                                        | <b>REST DAY</b><br><b>Get your kit together</b><br>Don't leave anything until the last minute: know your key Marathon Day timings, check the weather forecast and plan what kit you'll need.                               | <b>REST DAY</b>                                                                                                                                                                                                | <b>EASY PUSH</b><br>60 minutes                                                                                                                                                                                 |
| <b>WEEK 16</b> | <b>REST DAY</b>                                                                                                                                                                   | <b>EASY PUSH</b><br>40 minutes | <b>REST DAY</b><br><b>Visit the Running Show</b><br>Make sure you collect your bib from the TCS London Marathon Running Show before it closes on Saturday 25 April.                                                | <b>EASY PUSH</b><br>20 minutes                                                                        | <b>REST DAY</b>                                                                                                                                                                                                            | <b>REST DAY</b><br><b>Download the App</b><br>Your supporters can track you AND donate to you on the day as long as you're raising money on the official online fundraising platform.                          | <b>MARATHON DAY</b><br>Start sensibly at your Marathon Day pace and stick to your plan. Trust the training, smile and enjoy yourself. You can do it!                                                           |