BRIGHTON & HOVE 2027 10K

10 WEEKS TO 10K

› TRAINING PLAN ›

Ideal for beginners and improvers, our Training Plan aims to help you arrive at the Brighton and Hove 10K feeling energised, and happy and healthy in both body and mind!

You can adapt the plan to fit your lifestyle, so be creative and don't be afraid to miss a session if you need to save your energy or channel it elsewhere.

This PDF is interactive, so you can tick off each session once you've done it to help add to that sense of achievement! We've also included links to podcasts, articles and other useful information – just click on the headlines in the Wednesday and Friday columns to find out more.

Don't forget to set up your fundraising page using Enthuse, our Official Fundraising Partner, and support a cause that's important to you.

	Monday mindfulness	Tuesday training	Wednesday words	Thursday focus	Friday thoughts	Saturday session	Sunday celebration
WEEK 1 BE INSPIRED GO ›››	**Welcome to your plan! Why not use this first week to gather inspiration from others and discover what motivates you?**	THE SESSION ☐ **Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins.** **TOTAL: 22 MINS**	**THE WOMEN'S RUNNING PODCAST** Each week we'll recommend a podcast for you to enjoy while running – or during your down-time – and what better place to start than the Women's Running podcast? Hear from wonderful women from the world of running and feel inspired to lace up and get moving.	THE SESSION ☐ **Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins.** **TOTAL: 29 MINS**	**RUNNING EASY: THE DOS AND DON'TS** You've spotted 'easy runs' in your Training Plan, but what are they and why are they integral to your progress?	THE SESSION ☐ **Run 10 mins easy, walk 5 mins, run 10 mins easy, walk 5 mins.** **TOTAL: 30 MINS**	**CONGRATULATIONS!** Well done on completing your first week – the only way is up! How do you feel? Let us know on social media – see links at foot of plan.
WEEK 2 EAT WELL GO ›››	A happy, healthy body and mind thrive upon wholesome food. How can you add fun and flavour to your meals this week? Follow **Gigi Grassia** on Instagram for quick, protein-packed vegan recipes.	THE SESSION ☐ **Walk 5 mins, walk/run 8 mins, walk 2 mins, walk/ run 8 mins, walk 5 mins.** **TOTAL: 28 MINS**	**LET'S DO THIS - PIONEERS** Hugh Brasher, CEO of London Marathon Events, shares the story behind building the most popular marathon on the planet and what he's learned about leadership.	THE SESSION ☐ **Walk/run 10 mins, walk 2 mins, walk/run 10 mins, walk 2 mins.** **TOTAL: 24 MINS**	**STRENGTH TRAINING TIPS FOR RUNNERS** Here are the fundamental movements and why adding even one weekly session can make a meaningful difference to your Training Plan.	THE SESSION ☐ **Walk 5 mins, walk/run 20 mins easy, walk 5 mins.** **TOTAL: 30 MINS**	**READ ALL ABOUT IT!** You'll have started receiving weekly newsletters from us by the end of January. They're full of trainig tips and advice so read and enjoy!
WEEK 3 JOIN WITH OTHERS GO ›››	It's good to be social! Why not do a training session with friends, join a running club or catch up on a call or over coffee?	THE SESSION ☐ **Walk 5 mins, walk/run 20 mins easy, walk 5 mins.** **TOTAL: 30 MINS**	**THE START LINE** Hosted by Dee, Jules and Petrina: three sisters talking about running, eating, music, life... and everything in between.	THE SESSION ☐ **Run 5 mins easy. Run 1 min steady, walk 2 mins to recover – repeat 5 times. Run 5 mins easy.** **TOTAL: 25 MINS**	**NAIL YOUR HYDRATION** Stay on top of your game from start to finish. You can also hydrate sustainably on your training runs by using a refillable water bottle. Download the **Refill app** to find public refill water points.	THE SESSION ☐ **Walk/run 30 mins easy.** **TOTAL: 30 MINS**	**SHARE YOUR SUCCESS** We hope you've managed to meet with others this week – in real life or online – to share your successes. Tell us about it too on our social channels!
WEEK 4 PRIORITISE REST GO ›››	Rest is a crucial (and often overlooked) part of training, so be sure to get plenty of it on your journey to 10K!	THE SESSION ☐ **Run 30 mins easy.** **TOTAL: 30 MINS**	**FEEL BETTER, LIVE MORE WITH RANGAN CHATTERJEE** Dr Chatterjee speaks with leading experts to debunk health myths and give us the tools we need to improve the way we eat, sleep, move and more.	THE SESSION ☐ **Run 5 mins easy. Run 2 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy.** **TOTAL: 30 MINS**	**TAKE A BREATH** Breathwork coach Liza Al Sady explains how mastering your breath can boost endurance, resilience and emotional wellbeing.	THE SESSION ☐ **Walk/run 40 mins easy.** **TOTAL: 40 MINS**	**YOUR SLEEP SECRETS** If you've made time for rest this week, we'd love to know how you did it! Share your tips with other runners on our social channels.
WEEK 5 LEARN SOMETHING NEW GO ›››	Always wanted to sign up to that course, read that book or try that hobby? This week, go for it! You never know what you might learn.	THE SESSION ☐ **Run 30 mins easy.** **TOTAL: 30 MINS**	**THE GREEN RUNNERS STORYTIME** How do we protect the planet we love to run on? The Green Runners explore the intersection of ultra-running, adventure and climate action. Meet the athletes making a difference, one pledge at a time.	THE SESSION ☐ **Run 5 mins easy. Run 3 mins steady, walk/jog 2 mins to recover – repeat 5 times. Run 5 mins easy.** **TOTAL: 35 MINS**	**FOUR WAYS TO LOOK AFTER YOUR FEET** Your feet are a powerful yet often overlooked foundation for running. Nathalie Limon explains how tuning in to them can build a stronger, more resilient body from the bottom up.	THE SESSION ☐ **Run 25 mins easy, walk 3 mins, walk/run 25 mins.** **TOTAL: 53 MINS**	**WHAT HAVE YOU LEARNED?** At this halfway point of the plan, what have you learned about yourself so far? Your story could inspire others!
WEEK 6 KEEP SMILING! GO ›››	Congratulations – you're over halfway through this plan already! Remember to celebrate how far you've come this week.	THE SESSION ☐ **Run 35 mins easy.** **TOTAL: 35 MINS**	**HAPPY PLACE** TV and radio presenter Fearne Cotton talks to incredible people about what happiness means to them – and helps to bring happiness to your days too.	THE SESSION ☐ **Run 10 mins easy. Run 4 mins steady, walk/jog 1 min – repeat 5 times. Run 10 mins easy.** **TOTAL: 45 MINS**	**THIS WOMAN RUNS** For support that's sure to put a smile on your face, check out the This Woman Runs community today!	THE SESSION ☐ **Run 30 mins easy, walk/run 30 mins.** **TOTAL: 60 MINS** **Why not volunteer at your local parkrun this morning for some feelgood vibes? Find out how here!**	**SMILING'S CONTAGIOUS!** What's made you smile this week? Let us know on our social channels and spread the joy!
WEEK 7 GET CREATIVE GO ›››	Whether it's painting, playing music, taking pictures or upcycling an old piece of clothing, take time this week to do something creative.	THE SESSION ☐ **Run 35 mins easy.** **TOTAL: 35 MINS**	**AT YOUR LEISURE WITH SUE PERKINS** Join comedian Sue Perkins as she invites famous guests to talk about the hobbies that make them tick. This podcast could inspire your own creative pursuit!	THE SESSION ☐ **Run 10 mins easy. Run 5 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy.** **TOTAL: 53 MINS**	**PICK A PARKRUN** Fancy turning your session into a fun event with others? parkrun is a free 5K event open to all, every Saturday morning.	THE SESSION ☐ **Run 40 mins, walk/ run 30 mins.** **TOTAL: 70 MINS**	**BLOW YOUR OWN TRUMPET!** Celebrating you is not only about your training achievements – what have you created this week that you're proud of (it could just be your dinner!)?
WEEK 8 EXPLORE A NEW PLACE GO ›››	Tired of the same old training route? Mix things up this week and take a new path as you edge closer to Event Day!	THE SESSION ☐ **Run 40 mins easy.** **TOTAL: 40 MINS**	**LET'S DO THIS - PIONEERS** Paula Radcliffe relives her iconic, world-record run at the 2003 London Marathon.	THE SESSION ☐ **Run 10 mins easy. Run 6 mins steady, walk/jog 30 secs – repeat 6 times. Run 10 mins easy.** **TOTAL: 59 MINS**	**WHAT TO EXPECT ON EVENT DAY** There's no party like a Brighton party! Check out all the highlights from last year's event for a flavour of what to expect when you join us in a few weeks!	THE SESSION ☐ **Run 70 mins – it's OK to include short walk breaks if you wish!** **TOTAL: 70 MINS**	**SHOW US YOUR SNAPS** If you've run, jogged or walked somewhere new or unusual this week let us know – share your pics and stories on our social channels.
WEEK 9 FOCUS ON SELF-CARE GO ›››	It can often be hard to make time for ourselves. This week (and all weeks!), remember to look after your wellbeing – it's so important and you deserve it.	THE SESSION ☐ **Run 30 mins easy.** **TOTAL: 30 MINS**	**RUNPOD** In this episode, Emma Kirk-Odunubi, a marathoner, sports scientist and gait analyst, shares her story about how running shaped her as a person.	THE SESSION ☐ **Run 10 mins easy. Run 10 mins steady, run 2 mins easy – repeat 3 times. Run 10 mins easy.** **TOTAL: 56 MINS**	**EASY WAYS TO RESET AND REFOCUS** When training feels overwhelming, yoga is an effective way to reset both body and mind.	THE SESSION ☐ **Run 50 mins easy.** **TOTAL: 50 MINS**	**TIME OUT** Take a moment to reflect on your training journey and how far you've come. Share your thoughts on our social media channels.
WEEK 10 YOU'VE GOT THIS! GO ›››	You're almost there! The focus this week is to eat well, stay hydrated, get plenty of sleep and be excited! Make sure you've read your Participant Guide, which covers everything you need to know about Event Day. You'll find it in your account along with your important start info.	THE SESSION ☐ **Run 30 mins easy.** **TOTAL: 30 MINS**	**TO MY SISTERS** Courtney Daniella Jesse and Reneé Imafidon delve deeper into the realities of navigating adulthood, sisterhood and more.	**WHAT NEXT?** Now you're nearing the end of the plan, how can you keep up the momentum? **Check out our other events** if you're ready for your next challenge.	THE SESSION ☐ **Run 20 mins easy.** **TOTAL: 20 MINS** **Here it is, your last session of the plan – we know you'll smash it!**		**EVENT DAY** You've put in the training, so go out there and enjoy it! This is your time to shine! Share your thoughts on our social media channels.

Join the Brighton Marathon Weekend online community