BRIGHTON & HOVE 2027 10K

10 WEEKS TO 10K

› WHEELCHAIR TRAINING PLAN ›

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

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.

Training definitions:

Easy Push - builds stamina by increasing the time you spend in your chair. Focus on completing the distance or duration at a comfortable pace, slightly quicker than your everyday pushing speed.

Steady Push - builds endurance at a sustainable pace. Aim for an effort you can maintain throughout the session, adjusting your speed to suit the route and conditions.

	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** ☐ Easy Push TOTAL: 20 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** ☐ Easy Push TOTAL: 30 MINS	**LOOKING FOR INCLUSIVE GYMS AND CLASSES?** Every exercise is adaptable and many places offer inclusive exercise spaces and classes. Here are para-athlete Anthony Bryan's five recommendations to get you started.	**THE SESSION** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 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** ☐ Easy Push TOTAL: 30 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** ☐ Easy Push 5 KILOMETRES	**READ ALL ABOUT IT!** Once you're registered for the BM10K, you'll have started receiving weekly newsletters from us by the end of January. They're full of training 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** ☐ Easy Push TOTAL: 20 MINS	**THE START LINE** Hosted by Dee, Jules and Petrina: three sisters talking about running, eating, music, life... and everything in between.	**THE SESSION** ☐ Easy Push TOTAL: 35 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** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 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** ☐ Easy Push TOTAL: 40 MINS	**TAKE A BREATH** Breathwork coach Liza Al Sady explains how mastering your breath can boost endurance, resilience and emotional wellbeing.	**THE SESSION** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 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** ☐ Easy Push TOTAL: 45 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** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 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** ☐ Easy/Steady Push 10 mins easy 1 min fast, 1 min easy x 10 10 mins easy TOTAL: 40 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** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 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** ☐ Easy/Steady Push 10 mins easy 1 min fast, 1 min easy x 5 10 mins easy TOTAL: 30 MINS	**PERSONALISE YOUR OUTFIT** Have you decided what you're going to wear on Event Day yet? This is your chance to shine – look good, feel good! You might like to personalise your kit or even wear fancy dress! Whatever you decide, make sure you train at least once in your Event Day kit or oufit.	**THE SESSION** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 MINS	**LET'S DO THIS - PIONEERS** Paula Radcliffe relives her iconic, world-record run at the 2003 London Marathon.	**THE SESSION** ☐ Easy Push TOTAL: 20 MINS	**NEED SOME INSPIRATION?** If you'd like to find some new running routes but don't know where to start, why not check out parkrun's website? They have more than 1,200 5K courses across the UK; get exploring!	**THE SESSION** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 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** ☐ Steady Push TOTAL: 30 MINS	**THE POWER OF RUN CLUBS** Nathalie Limon shares her story of how the Queer Running Club lifted her up following a sudden bereavement	**THE SESSION** ☐ Easy Push 5 KILOMETRES	**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** ☐ Easy Push TOTAL: 20 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** ☐ 20 mins Easy Push. TOTAL: 20 MINS Here it is, your last session of the plan – we know you'll smash it!	**GOOD LUCK** You've done the hard work, tomorrow is the victory lap! Eat well, sleep well and stay hydrated today so you're raring to go for the Brighton and Hove 10K.	**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