BRIGHTON MARATHON 2027

ADVANCED TRAINING PLAN

How to use this plan

This 16-week training plan is for experienced runners who have completed a marathon before. The plan assumes you will run five times a week. On rest days, you might also supplement your training with cross training or strength work.

The days of the week shown are **not fixed** and only proposed, so you can complete your sessions at the times that suit you best.

Different types of training run

EASY RUNS
(less than 60% maximum effort)

During an easy run, you should feel relaxed. You should be breathing comfortably and capable of holding a conversation throughout the run. If you're a new runner nothing may feel easy at first – slow down, walk if necessary and control your effort.

STEADY RUNS
(60-70% maximum effort)

These are the bread and butter of your training - the 'miles in the bank'. Steady runs build the base that is the foundation for the rest of your training. Conversations are still possible at this pace but only in shorter sentences.

TEMPO RUNS
(70-80% maximum effort)

Running at tempo pace is great for improving your running economy. It's a sustained cruise pace that requires concentration. You will find these runs slightly uncomfortable as you try to run faster, but they are worth it.

LONG RUNS
These are a real focus of the plan. They should be used to develop strength and endurance but also to practise your target marathon pace and control. Long runs are shown in both time and distance.

INTERVAL RUNS
These involve high-intensity periods of faster running interspersed with periods of recovery or rest. Having rest between bouts of harder running means you can maintain the quality and pace of the effort.

FARTLEK
The word 'Fartlek' comes from the Swedish meaning 'speed play' and Fartlek training is just that – rather than running a set distance in a set time, you 'play' with different running paces and distances until you feel you've completed the workout.

HILL RUNS
Running uphill will work your muscles in a different way to flat road running, so to avoid injury you need to let your body adjust. Your legs will feel more tired than usual after hill running, so allow them time to recover before your next session.

LONDON MARATHON EVENTS INSPIRING ACTIVITY

BRIGHTON MARATHON 2027

enthuse an access company

HIGH5

YOUR 2027 TRAINING PLAN

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, playlists to try 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'.

HIGH5 is the perfect marathon partner to support you throughout your training for the Brighton Marathon and the event itself. HIGH5 products provide carbohydrates and electrolytes to enhance your hydration and help maintain your performance during prolonged endurance exercise – exactly what you need to run a marathon.

How to hit your fundraising target

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

Now's the perfect time to set up your fundraising page using Enthuse, our Official Fundraising Partner. 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 page to use on flyers and business cards. Add details of why you're fundraising then hand out the cards and flyers wherever you go to inspire some random acts of kindness. You could even put the QR code 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!

Coopah x Brighton Marathon training plans

If you'd like to follow a training plan that's more personalised to you, check out our Official Training Partner - Coopah, the Run Coaching App.

The experts at Coopah have created training plans that are fully personalised for you and only you, helping you reach your PB goals. Coopah's training plans update as you sync your activities from your fitness tracker or directly on the app – and if you need a bit more help along the way, there's 24/7 access to a real-life Coopah coach. Scan the QR code below to find out more.

COO:PAH

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	**40 MIN STEADY RUN**	**50 MIN STEADY RUN** **Listen to this!** On this episode of Let's Do This - Pioneers, Paula Radcliffe relives her iconic, world-record run at the 2003 London Marathon.	**43 MIN RUN** 10-minute easy run 5-minute tempo run and 2:30-minute easy run x 3 10-minute steady run	**REST OR CROSS TRAIN** Core and stretching	**55 MIN RUN** 15-minute easy run 10-minute tempo run 5-minute easy run 10-minute hill run 15-minute easy run	**1 HR 15 MIN LONG RUN** **Hydrate sustainably** Use a refillable water bottle, soft flask or vest to hydrate on your training runs. Download the Refill app to find public water points.	**REST DAY** **Donate to yourself** Kick-start your fundraising with a donation to yourself – it will show your commitment and encourage others to donate!
WEEK 2	**40 MIN EASY RUN**	**60 MIN STEADY RUN**	**40 MIN RUN** 10-minute easy run 10-minute tempo run 5-minute easy run 10-min steady run 5-minute easy run	**REST OR CROSS TRAIN** **Easy recipe ideas** Check out BBC Good Food for Marathon Meal Plans, plus quick, easy and healthy recipes to support your training.	**50 MIN RUN** 10-minute easy run 30-minute hill run 10-minute steady run	**1 HR 30 MIN LONG RUN**	**REST DAY** **Try HIGH5 products** Now's the perfect time to start incorporating HIGH5 products into your longer training runs!
WEEK 3	**62 MIN RUN** 15-minute easy run 5-minute tempo run and 3-minute easy run x 4 15-minute steady run	**40 MIN EASY RUN**	**50 MIN FARTLEK**	**REST OR CROSS TRAIN** Core and stretching **Listen to this!** Dr Rangan Chatterjee's Feel Better, Live More podcast is packed with healthy tips.	**60 MIN RUN** 10-minute easy run 15-min tempo run and 5-min easy run x 2 10-min steady run	**1 HR 45 MIN LONG RUN**	**REST DAY** **Involve colleagues** Share your fundraising page link with your colleagues. You could put it on the staff noticeboard or add it to your email signature.
WEEK 4	**44 MIN RUN** 10-minute easy run 3-minute interval run x 8 10-minute easy run	**45 MIN STEADY RUN**	**50 MIN FARTLEK RUN**	**REST OR CROSS TRAIN** Core and stretching **Share your progress** Post an update and photo from your weekend long run on your fundraising page and share it on social media and via email.	**55 MIN RUN** 10-min easy run 20-min tempo run 5-min easy run 2-min hill run x 5 10-min easy run	**2 HR LONG RUN**	**REST DAY** Sipping on HIGH5 energy drinks little and often during your training will help to keep your fuel stores topped up and also to help keep you hydrated.
WEEK 5	**60 MIN RUN** 10-min easy run, 2 x (2-min interval run; 1-min easy run; 3-min interval run; 90-sec easy run; 4-min interval run; 2-min easy run; 5-min interval run; 2.5-min easy run), 10-min easy	**45 MIN STEADY RUN**	**45 MIN RUN** 10-minute easy run 25-minute tempo run 10-min easy run	**REST OR CROSS TRAIN** Core and stretching **Develop good habits** For bite-sized advice about building good habits, check out The Habit Coach podcast.	**23 MIN RUN** 10-minute easy run 30-second interval run x 5 10-minute easy run	**12 MILE RUN** 12 miles long run with 4 miles marathon pace at the end.	**REST DAY**
WEEK 6	**30 MIN EASY RUN**	**REST DAY** The Green Runners explore the intersection of ultra-running, adventure and climate action. Meet the athletes making a difference one pledge at a time.	**45 MIN RUN** 15-minute easy run 15-minute steady run 15-minute easy run	**REST OR CROSS TRAIN** Core and stretching	**40 MIN RUN** 15-minute easy run 2-minute hill run x 5 15-min easy run	**1 HR LONG RUN**	**REST DAY** **Practise fuelling** Experiment with different fuelling strategies - what will you consume and when? Practise different strategies and adapt!
WEEK 7	**58 MIN RUN** 10-minute easy run 10-minute tempo run 5-min easy run 3-minute interval run and 90-second easy run x 5 10-minute easy run	**45 MIN STEADY RUN** **Post a payday push!** It's the end of the long month of January, which means it's payday - a great time to share your fundraising page!	**55 MIN RUN** 15-minute easy run 30-minute tempo run 10-minute easy run	**REST OR CROSS TRAIN** Core and stretching **Double your money** Check if your employer does 'matched giving' - this could double the amount you raise!	**65 MIN RUN** 10-minute easy run 12-minute tempo run and 3-minute easy run x 3 10-min easy run	**14 MILE RUN** 14 miles long run with 4 miles marathon pace in the middle. Practise health and nutrition.	**REST DAY** **Consider fancy dress!** Everyone loves fancy dress, so consider auctioning the choice of your event running gear to the highest donor!
WEEK 8	**56 MIN RUN** 10-minute easy run 4-minute interval run and 2-minute easy run x 6 10-minute easy run	**55 MIN STEADY RUN**	**REST OR CROSS TRAIN** Core and stretching **Sponsor a mile** Share your fundraising page and ask people to sponsor you an amount per mile.	**40 MIN RUN** 10-minute easy run 20-minute tempo run 10-minute easy run	**40 MIN RUN** 10-minute easy run 5-minute hill run x 4 10-minute steady run	**16 MILE RUN** 4 miles marathon pace, 4 miles slower than marathon pace x 2. Practise health and nutrition.	**REST DAY** **Try HIGH5 energy gels** These will be available on the course, so try them in training - while also keeping hydrated!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	**50 MIN RUN** 10-minute easy run 10-minute tempo run 3-minute interval run and 1-minute easy run x 5 10-min easy run	**60 MIN STEADY RUN**	**60 MIN RUN** 15-minute easy run 12-minute tempo run 2-minute easy run 2 x (6-minute tempo run, 90-second easy run) 4 x 90-second hill run 10-min easy run	**REST OR CROSS TRAIN** Core and stretching **Marathon Talk** The Marathon Talk podcast is co-hosted by Martin Yelling, who wrote this plan! Hear the latest news and views from the Abbott World Marathon Majors.	**30 MIN FARTLEK RUN**	**18 MILE RUN** 18 miles long run. Practise health and nutrition.	**REST DAY** **Training tunes** Let people choose your training playlist in exchange for a donation per song.
WEEK 10	**66 MIN RUN** 15-minute easy run 12-minute tempo run 5-minute easy run 6 x (3-minute interval run, 1-minute easy run) 10-minute easy run	**45 MIN STEADY RUN** **Listen to this!** In this episode of 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 why mass participation events are such a force for good in society.	**30 MIN EASY RUN**	**REST OR CROSS TRAIN** Core and stretching. **Work fundraising day** Try being the coffee/breakfast delivery person, or ask for donations for making teas and coffees all week.	**23 MIN RUN** 10-minute easy run 30-second strides x 5 10-minute easy run	**RUN A HALF MARATHON**	**REST DAY** **Sip little and often** After an intense period of exercise, aim to consume around 150 per cent of the total volume of sweat you lose in the hours after the event.
WEEK 11	**66 MIN RUN** 10-minute easy run 3 x (10-minute tempo run, 2-minute easy run) 5-minute easy run 1-min interval run x 5 10-minute easy run	**60 MIN STEADY RUN**	**45 MIN FARTLEK RUN**	**REST OR CROSS TRAIN** Core and stretching **Organise a quiz night** Host a quiz night and/or raffle. Charge people an entry fee to add to your fundraising page.	**51 MIN RUN** 10-minute easy run, 4 x (5-minute tempo run, 2-minute easy run) 30-second fast strides x 5, 10-minute easy run	**20 MILE RUN** 20 miles long run. Practise health and nutrition.	**REST DAY** **Auction each mile** Auction the naming rights for each mile, then stitch the donor's name on your running shirt for the big day!
WEEK 12	**60 MIN RUN** 10-minute easy run 15-minute tempo run 5 x (3-min interval run, 2-min easy run) 10-minute easy run	**60 MIN EASY RUN**	**45 MIN STEADY RUN** **Listen to this!** In this episode of Let's Do This - Pioneers, Lord Seb Coe reflects on athletics' evolution, the growth of road running and what it felt like to break three world records in 41 days in 1979.	**REST OR CROSS TRAIN** Core and stretching. **Have a bake sale!** Bake some tasty treats this weekend then sell them to friends or colleagues to add to your fundraising total.	**30 MIN RUN** 10-minute easy run 10-minute hill run 10-minute easy run	**20 MILE RUN** 20 miles long run. Practise health and nutrition.	**REST DAY** **Listen to this!** In this episode of RunPod, Emma Kirk Odunubi, a marathoner, sports scientist and gait analyst, shares how running shaped her as a person.
WEEK 13	**30 MIN STEADY RUN**	**50 MIN EASY RUN**	**59 MIN RUN** 10-minute easy run 3 x (10-min tempo run, 3-min easy run) 10-minute easy run	**REST OR CROSS TRAIN** Core and stretching. **Be inspired** Check out A Runner's Life podcast with Marcus Brown – on a variety of training topics.	**17 MIN RUN** 10-minute easy run 30-second fast strides x 4 5-minute easy run	**22 MILE RUN** This will be your final long training run. Practise marathon pace and health and nutrition.	**REST DAY** **Film night** Have a change of pace with a relaxed film night! Charge your friends a small entrance fee to add to your fundraising page.
WEEK 14	**30 MIN STEADY RUN**	**56 MIN RUN** 10-minute easy run 4 x (7-minute tempo run, 2-minute easy run) 10-minute easy run	**45 MIN STEADY RUN**	**REST OR CROSS TRAIN** Core and stretching. Begin to increase the proportion of carbohydrate in your diet but not overall calories! Stay well hydrated.	**7 MILE RUN** 3-mile steady run 1-mile tempo run 3-mile steady run	**13 MILE RUN** Practise marathon pace and health and nutrition.	**REST DAY**
WEEK 15	**35 MIN RUN** 10-minute easy run 15-minute tempo run 10-minute easy run	**30 MIN STEADY RUN**	**40 MIN EASY RUN**	**REST OR CROSS TRAIN** Core and stretching.	**35 MIN RUN** 10-minute easy run 2 x (5-minute interval run, 2.5-minute easy run) 10-minute steady run	**8 MILE RUN** 2 miles easy run, 4 miles half marathon pace, 2 miles easy run	**REST DAY**
WEEK 16	**30 MIN EASY RUN** **Another payday push!** It's the end of the month, so share your fundraising page and push for payday donations!	**REST DAY** **Download the App** Your supporters can track you on the day.	**20 MIN EASY RUN**	**REST DAY** Hugh Brasher, CEO of London Marathon Events, joins the Running For The Bus podcast to chat about the 2027 Double TCS London Marathon and much more.	**22 MIN RUN** 10-minute easy run 4 x 30 seconds fast 10-minute easy run	**REST DAY**	**MARATHON DAY** Remember to stretch and warm down afterwards with a 15-minute walk. Eat and drink well. Good luck!