BRIGHTON MARATHON 2027

BEGINNER'S TRAINING PLAN

How to use this plan

This 16-week training plan is aimed at first-time marathoners, with a few tweaks and challenges if you want to test yourself, or if you feel like pushing on a bit if your training is going really well.

The plan assumes that you will run three times a week and that you've done very little running in the past but are generally in good health and committed to your marathon journey.

The days of the week shown are **not fixed**. If you change them, try to ensure that a training day is followed by a rest day (for example, train on Monday, Wednesday and Saturday or Tuesday, Thursday and Sunday).

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.

LONDON MARATHON EVENTS INSPIRING ACTIVITY

BRIGHTON MARATHON 2027

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 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	**30 MIN WALK**	**REST DAY** This week is about increasing time on your feet and building a strong foundation. It's also a great time to set up your official fundraising page!	**40 MIN RUN/WALK** 10-minute brisk walk 20-minute easy run 10-minute brisk walk	**REST DAY** **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.	**REST DAY** Get in the habit of posting a weekly update after your long run on your fundraising page and share it across social and email with your friends and colleagues.	**50 MIN RUN/WALK** 10-minute walk 30-minute easy run 10-minute walk	**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 RUN/WALK** 10-minute walk 10-minute run Repeat x 2	**REST DAY** 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!	**50 MIN RUN/WALK** 10-minute brisk walk 30-minute easy run 10-minute brisk walk	**REST DAY** **Get planning!** Put together a plan of all the fund-raising ideas you want to try and when you are going to do them.	**REST DAY** **Your fuelling strategy** When you pass the 60-minute mark tomorrow, start to think about your fuelling strategy for Marathon Day.	**65 MIN RUN/WALK** 10-minute walk 20-minute easy run 10-minute walk 15-minute easy run 10-minute walk	**REST DAY** **Try HIGH5 products** Now's the perfect time to start incorporating HIGH5 products into your longer training runs!
WEEK 3	**40 MIN RUN/WALK** 5-minute walk 30-minute easy run 5-minute walk	**REST DAY** You're doing a great job. The more you do the easier it feels!	**50 MIN RUN/WALK** 5-minute brisk walk 40-minute easy run 5-minute brisk walk	**REST DAY** **Listen to this!** Dr Rangan Chatterjee's Feel Better, Live More podcast is packed with tips to improve the way you eat, sleep, move, and more.	**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.	**80 MIN RUN/WALK** 10-minute walk 30-minute jog 10-minute walk 20-minute jog 10-minute walk	**REST DAY** The first block of four weeks is almost done! Stick to your plan and build up to your longest time on your feet.
WEEK 4	**40 MIN EASY RUN**	**REST DAY** **Share your progress** Post an update and photo from your weekend long run on your fundraising page and share it on social media and email.	**55 MIN RUN/WALK** 5-minute brisk walk 45-minute easy run 5-minute brisk walk	**REST DAY** **Listen to this!** The Green Runners explore the intersection of ultra-running, ad-venture and climate action. Meet the athletes making a difference one pledge at a time.	**REST DAY** **What to eat and when** Take a look at BBC Good Food's feature on 'What to eat when running a marathon' for nutrition tips to make sure you bound over the Finish Line..	**90 MIN RUN/WALK** 10-minute walk 30-minute jog 10-minute walk 30-minute jog 10-minute walk	**REST DAY** **Little and often** 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	**20 MIN EASY RUN**	**REST DAY** This is a lighter week to allow you to adapt to the training you've done so far.	**40 MIN EASY RUN** Share your fundraising page!	**REST DAY** **Develop good habits** For bite-sized advice about build-ing good habits, check out The Habit Coach podcast with Ashdin Doctor.	**REST DAY** **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.	**52 MIN RUN** 25-minute easy run 2-minute walk 25-minute easy run	**REST DAY**
WEEK 6	**40 MIN EASY RUN**	**REST DAY** This week is when the marathon training kicks in, building more time on your feet, and introducing some mixed paces.	**40 MIN RUN** 10-minute easy run 30-second tempo run and 2-minute walk x 8 10-minute easy run	**REST DAY** **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 DAY** **Double your money** Check if your employer does 'matched giving' – this could double the amount you raise for charity!	**1 HR 40 MIN RUN/WALK** 20-minute easy run 5-minute brisk walk Repeat x 4	**REST DAY** **Practise fuelling** Experiment with different fuelling strategies – what will you consume and when? Practise different strategies and adapt!
WEEK 7	**40 MIN EASY RUN**	**REST DAY** A solid week in the bank allowing training and routine to continue.	**40 MIN RUN** 10-minute easy run 45-second tempo run and 1 minute 45-sec run/walk x 8 10-minute easy run	**REST DAY** **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!	**REST DAY**	**1 HR 45 MIN RUN/WALK** 30-minute easy run 5-minute brisk walk Repeat x 3	**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	**40 MIN EASY RUN**	**REST DAY** This week, feel your heart pounding and your breathing quicken with the tempo running.	**50 MIN RUN** 10-minute easy run 1-minute tempo run and 2-minute walk x 10 10-minute easy run	**REST DAY** **Listen to this!** Hugh Brasher, CEO of London Mar-athon Events, joins the Running For The Bus podcast to chat about the 2027 Double TCS London Marathon and much more.	**REST DAY** **Sponsor a mile** Make it easy for people to donate: share your fundraising page and ask them to sponsor you an amount per mile.	**2 HR RUN** 25-minute easy run 5-minute brisk walk Repeat x 4	**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	**40 MIN EASY RUN**	**REST DAY** 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.	**48 MIN RUN** 10-minute easy run 4-minute tempo run and 3-minute easy jog/walk recovery x 4 10-minute easy run	**REST DAY** **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.	**REST DAY** **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.	**2 HR RUN** 28-minute run 2-minute walk x 4, or distance goal of 10 to 12 miles	**REST DAY** **Training tunes** Let people choose your training playlist in exchange for a donation per song.
WEEK 10	**35 MIN RUN** 10-minute easy run 3-minute tempo run and 2-minute jog recovery x 3 10-minute easy run	**REST DAY** Enter a half marathon to familiarise yourself with race-day routines, such as pre-race nutrition, race clothing and hydration strategies.	**30 MIN EASY RUN**	**REST DAY** **Office fundraising day** Try being the coffee/breakfast delivery person, or ask for donations for making teas and coffees all week.	**REST DAY** **Easy veggie burritos** BBC Good Food's black bean burritos are nutritious and full of smoky chipotle flavour. Try the energy-boosting Mexican wraps for perfect fitness fodder.	**REST DAY**	**RACE** Race a half marathon, or run for 2 hours 15 minutes, or distance goal of 12 miles. Execute your fuelling plan, then use the remaining weeks to adapt it if you need to.
WEEK 11	**REST DAY** **Sip little and often** After an intense period of exercise, aim to consume around 150% of the total volume of sweat you lose in the hours after the event.	**45 MIN EASY RUN**	**REST DAY** **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!	**60 MIN RUN** 10-minute easy run 5-minute tempo run and 3-minute easy run/walk recovery x 5 10-minute easy run	**REST DAY** The next four weeks are about getting to know your race pace. Have a target time in minutes and work out your pace per mile.	**2 HR 30 MIN RUN** 28-minute easy run 2-minute walk x 5, or distance goal of 14 to 16 miles. Include a few miles at target marathon pace.	**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	**50 MIN EASY RUN**	**REST DAY** There are just three more weeks of hard training left before the taper and you start to run less and sharpen up.	**52 MIN RUN** 10-minute easy run 6-minute tempo run and 2-minute easy run/walk recovery x 4 10-minute easy run	**REST DAY**	**REST DAY** **Have a bake sale!** Bake some tasty treats this weekend then sell them to friends or colleagues to add to your fundraising total.	**3 HR RUN** 28-minute easy run 2-minute walk x 6, or distance goal of 16 to 18 miles. Include a few miles at target marathon pace.	**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	**50 MIN EASY RUN**	**REST DAY** Dial in to your long run this week. Focus, plan and prepare. Relax, tune in, and tick off the miles.	**50 MIN EASY RUN** 10-minute easy run 10-minute steady run 10 minutes at target marathon pace 10-minute tempo run 10-minute easy run	**REST DAY** **Be inspired** Check out A Runner's Life podcast with Marcus Brown, as he and his guests tackle the topics around training that impact our daily lives.	**REST DAY**	**3 HR 30 MIN RUN** 28-minute easy run 2-minute walk x 7, or distance goal of 18 to 20 miles. Include a few miles at target marathon pace. People run at different paces so the distance covered will vary.	**REST DAY** **Film night** 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 your total.
WEEK 14	**40 MIN EASY RUN**	**REST DAY** The long run is reducing in volume. Don't be tempted to do more or you will risk being tired on the Start Line.	**50 MIN RUN** 10-minute easy run 3 minutes at target marathon pace and 3 minutes faster x 5 10-minute easy run	**REST DAY**	**REST DAY**	**1 HR 34 MIN RUN** 45-minute easy run 2-minute walk x 2	**REST DAY** **Make the local news** Approach your local newspaper or radio station and tell them why you're running for your chosen charity.
WEEK 15	**30 MIN RUN**	**REST DAY** 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.	**50 MIN RUN** 10-minute easy run 20 minutes at target marathon pace 10 minutes faster 10-minute easy run	**REST DAY** **Fuel your taper** Begin to increase the proportion of carbohydrate in your diet but not overall calories! Stay well hydrated.	**REST DAY** **Get your kit together** 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.	**70 MIN EASY RUN**	**REST DAY**
WEEK 16	**REST DAY** You can only do too much this week. Relax, look back at your training and see how far you have come. You are ready!	**30 MIN 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.	**22 MIN RUN** 5-minute easy run 12 minutes at target marathon pace 5-minute easy run	**REST DAY** **Relax and fuel up** Try to take it easy over the next few days. Stick to familiar, carb-rich foods, avoid spicy food and stay well hydrated.	**REST DAY** **Relax and fuel up**	**MARATHON DAY** Start sensibly at your race pace and stick to your race plan. Trust the training, smile and enjoy yourself. You can do it!