BRIGHTON MARATHON 2027

IMPROVER'S TRAINING PLAN

How to use this plan

This 16-week training plan is for runners who may have already completed a marathon or half marathon and are looking to improve on a previous performance, 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 you will run four times a week and that you've done plenty of running in the past. 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.

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 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

BEGINNER'S TRAINING PLAN

BRIGHTON MARATHON 2027

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	**20 MIN EASY RUN**	**30 MIN EASY RUN**	**REST DAY** The next four weeks are about building a base of easy running – building time on your feet. This will form the basis from which to introduce more marathon-specific training.	**40 MIN EASY 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.	**REST DAY** **Easy recipe ideas** Check out BBC Good Food for Marathon Meal Plans, plus quick, easy and healthy recipes to support your training.	**60 MIN EASY 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	**30 MIN EASY RUN**	**40 MIN STEADY RUN**	**REST DAY** Continue to establish your routine. Find the time to get out to run.	**40 MIN EASY RUN** **Listen to this!** The Green Runners explore the intersection of ultra-running, adventure and climate action. Meet the athletes making a difference one pledge at a time.	**REST DAY** **Get planning!** Put together a plan of all the fundraising ideas you want to try and when you are going to do them.	**70 MIN EASY RUN**	**REST DAY** **Try HIGH5 products** Now's the perfect time to start incorporating HIGH5 products into your longer training runs!
WEEK 3	**30 MIN EASY RUN**	**50 MIN STEADY RUN**	**REST DAY** The third week of the plan is really important. The steady miles are setting the foundation for the rest of your training.	**35 MIN EASY RUN**	**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.	**80 MIN EASY 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	**35 MIN EASY RUN**	**60 MIN STEADY RUN**	**REST DAY** Build up your longest run to 90 minutes at the weekend. This will be a real confidence booster for the rest of your training.	**35 MIN EASY RUN** I	**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 via email.	**90 MIN EASY 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	**20 MIN EASY RUN**	**30 MIN EASY RUN**	**REST DAY** A lighter week to enable your body to adapt to the training loads.	**20 MIN EASY RUN**	**REST DAY** **Develop good habits** For bite-sized advice about building good habits, check out The Habit Coach podcast with Ashdin Doctor.	**60 MIN EASY RUN**	**REST DAY**
WEEK 6	**40 MIN EASY RUN**	**44 MIN RUN** 10-minute easy run 1 minute fast and 2-minute jog recovery x 8 10-minute easy run	**REST DAY** This week you'll introduce more intensity to boost fitness and build pace endurance. Run to feel and listen to your body to judge intensity.	**50 MIN RUN** 10-minute easy run 5-minute steady and 5-minute tempo x 3 10-minute easy run	**REST DAY** **Double your money** Check if your employer does 'matched giving' – this could double the amount you raise for charity!	**1 HR 45 MIN EASY RUN** or distance goal of 10 miles	**REST DAY** **Practise fuelling** Experiment with different fuelling strategies – what will you consume and when? Practise different strategies and adapt!
WEEK 7	**45 MIN EASY RUN**	**40 MIN RUN** 10-minute easy run 2-minute tempo run and 2-minute jog recovery x 5 10-minute easy run	**REST DAY** Make sure you show a range of pace during the sessions so you can maximise the fitness benefits.	**46 MIN RUN** 10-minute easy run 8-minute tempo run and 5-minute steady run x 2 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!	**2 HR 10 MIN EASY RUN** or distance goal of 12 miles	**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	**50 MIN EASY RUN**	**50 MIN RUN** 10-minute easy run 90 seconds fast and 90 seconds jog recovery x 10 10-minute easy run	**REST DAY** Really attack your faster running and embrace the breathlessness.	**50 MIN RUN** 10-minute easy run 12-minute tempo and 3-minute jog recovery x 2 10-minute easy run	**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 30 MIN RUN** or distance goal of 14 miles	**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 EASY RUN**	**56 MIN RUN** 10-minute easy run 4-minute tempo run and 2-minute jog recovery x 6 10-minute easy run	**REST DAY** A consistent week where you should start to feel the benefits of the training that is behind you and feel more confident looking forward.	**40 MIN RUN** 10-minute easy run 20-minute tempo run 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.	**2 HR 45 MIN EASY RUN** or distance goal of 16 miles	**REST DAY** **Training tunes** Let people choose your training playlist in exchange for a donation per song.
WEEK 10	**50 MIN EASY RUN**	**45 MIN RUN** 10-minute easy run 3-minute tempo run and 2-minute jog recovery x 5 10-minute easy run	**REST DAY** Enter a half marathon to familiarise yourself with Event Day routines, such as pre-run nutrition, clothing and hydration strategies.	**30 MIN EASY 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.	**REST DAY** **Work fundraising day** Try being the coffee/breakfast delivery person, or ask for donations for making teas and coffees all week.	**1 HR 30 MIN EASY RUN** or race a half marathon	**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.
WEEK 11	**30 MIN EASY RUN**	**60 MIN STEADY RUN**	**REST DAY** Recover from your half marathon. Continue to explore what your marathon pace feels like. Start to dial it in and feel more confident.	**50 MIN RUN** 10-minute easy run 30 minutes at target marathon pace 10-minute easy run	**REST DAY** **Organise a quiz night** Host a quiz night and charge people an entry fee to add to your fundraising page. You could hold a raffle at the same time too!.	**2 HR 40 MIN STEADY RUN** or distance goal of 16 miles	**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**	**50 MIN RUN** 5-minute easy run 40 minutes at target marathon pace 5-minute easy run	**REST DAY** Build up the long run and focus on your target marathon pace, hydration and fuelling. Plan these things in advance but don't panic if they don't go to plan!	**35 MIN EASY RUN** 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.	**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** 1 hour easy, 1 hour steady, 1 hour easy, or distance goal of 18 miles. Include six miles in the middle 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**	**55 MIN RUN** 10-minute easy run 5-minute tempo run and 2-minute jog recovery x 5 10-minute easy run	**REST DAY** This week you will do your longest run. Use this as a dress rehearsal for Event Day – eat your pre-run breakfast, wear the clothes you intend to run in and practise your hydration and fuelling strategies.	**60 MIN RUN** 5-minute easy run 35 minutes at target marathon pace 5-minute easy run 5-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.	**3 HR 30 MIN EASY RUN** or distance goal of 20 to 22 miles. Include a section, perhaps the final eight miles, at target marathon pace. This is your longest run!	**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 add to your fundraising page.
WEEK 14	**40 MIN EASY RUN**	**40 MIN RUN** 10-minute easy run One minute fast and one minute jog x 10, 10-minute easy run	**REST DAY** The long run will taper from here, but you will still need to maintain your paced runs during the week.	**50 MIN RUN** 10-minute easy run 10-minute steady run 10 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.	**90 MIN EASY RUN**	**REST DAY**
WEEK 15	**30 MIN EASY RUN**	**41 MIN RUN** 10-minute easy run 1-minute fast and 1-minute jog recovery x 5 3-minute jog 8 minutes at target marathon pace, 10-minute easy run	**REST DAY** Towards the end of this week your legs should find their spring again.	**30 MIN RUN** 5-minute easy run 20 minutes at target marathon pace 5-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.	**60 MIN EASY RUN**	**REST DAY**
WEEK 16	**20 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** Use any spare time to relax and put your feet up. Come Event Day, do not get too excited, set off at your planned pace and stick to it.	**32 MIN RUN** 10-minute easy run 12 minutes at target marathon pace 10-minute easy run	**REST DAY** **Download the App** Your supporters can track you on the day.	**10 MIN EASY JOG**	**REST DAY** **Relax and fuel up** Try to take it easy today. Stick to familiar, carb-rich foods, avoid spicy food and stay well hydrated.	**MARATHON DAY** You are ready. Good luck!