BRIGHTON MARATHON 2027

WHEELCHAIR 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 make the most of your rest days.

Different Types of Training

EASY PUSH
An 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
A steady push helps prepare you for Event Day by building endurance at a sustainable pace. Aim for an effort you can maintain throughout the session, adjusting your speed to suit the route and conditions.

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.

It provides carbohydrates and electrolytes to enhance your hydration and help maintain your performance during prolonged endurance exercise – exactly what you need to do 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 to 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!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	**REST DAY** This week is all about increasing time in your chair and building a strong foundation and routine. It's also a great time to set up your official fundraising page!	**EASY PUSH** 30 minutes	**REST DAY** **Easy recipe ideas** Check out BBC Good Food for Marathon Meal Plans, plus quick, easy and healthy recipes to support your training.	**EASY PUSH** 40 minutes	**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.	**REST DAY** **Donate to yourself** Kickstart your fundraising with a donation to yourself – it will show your commitment and encourage others to donate!	**EASY PUSH** 60 minutes
WEEK 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!	**EASY PUSH** 30 minutes	**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.	**EASY PUSH** 40 minutes	**REST DAY** **Your fuelling strategy** When you pass the 60-minute mark tomorrow, start to think about your fuelling strategy for Marathon Day.	**REST DAY** **Try HIGH5 products** Now's the perfect time to start incorporating HIGH5 products into your longer training runs!	**EASY PUSH** 70 minutes
WEEK 3	**REST DAY** You're doing a great job. The more you do the easier it feels!	**EASY PUSH** 40 minutes	**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.	**EASY PUSH** 50 minutes	**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.	**REST DAY** The first block of four weeks is almost done. Stick to your plan this week and build up to your longest time in your chair.	**EASY PUSH** 80 minutes
WEEK 4	**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.	**STEADY PUSH** 60 minutes	**REST DAY** **Develop good habits** For bite-sized advice about building good habits, check out The Habit Coach podcast with Ashdin Doctor.	**EASY PUSH** 40 minutes	**REST DAY** **What to eat and when** Take a look at BBC Good Food's feature, 'What to eat when running a marathon', for nutrition tips to make sure you bound over the Finish Line...	**REST DAY**	**EASY PUSH** 90 minutes
WEEK 5	**REST DAY** This is a lighter week to allow you to adapt to the training you've done so far.	**STEADY PUSH** 30 minutes	**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.	**EASY PUSH** 20 minutes	**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**	**EASY PUSH** 60 minutes
WEEK 6	**REST DAY** This week is when the marathon training kicks in, building more time in your chair and preparing you for some mixed paces next week.	**EASY PUSH** 40 minutes	**REST DAY**	**STEADY PUSH** 50 minutes	**REST DAY** **Double your money** Check if your employer does 'matched giving' – this could double the amount you raise for charity!	**REST DAY** **Practise fuelling** Experiment with different fuelling strategies – what will you consume and when? Practise different strategies and adapt!	**EASY PUSH** 2 hours or 10 miles
WEEK 7	**REST DAY** A solid week in the bank allowing training and routine to continue.	**EASY PUSH** 45 minutes	**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!	**STEADY PUSH** 50-minute push: 10 minutes easy 30 minutes 10 minutes	**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** **Consider fancy dress!** Everyone loves fancy dress, so consider auctioning the choice of your event gear to the highest donor!	**EASY PUSH** 2 hours 10 mins or 12 miles
WEEK 8	**REST DAY**	**EASY PUSH** 50 minutes	**REST DAY**	**EASY/STEADY PUSH** 50-minute push: 5 minutes easy 40 minutes steady 5 minutes easy	**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.	**REST DAY** **Try HIGH5 products** These will be available on the course, so try them in training – while also keeping hydrated!	**EASY PUSH** 2 hours 30 mins or 14 miles

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WEEK 9	**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.	**EASY PUSH** 50 minutes	**REST DAY** **Marathon Talk** The Marathon Talk podcast is co-hosted by Martin Yelling. Hear the latest news and views from the Abbott World Marathon Majors.	**EASY/STEADY PUSH** 60-minute push: 15 minutes easy 30 minutes steady 15 minutes easy	**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.	**REST DAY** **Training tunes** Let people choose your training playlist in exchange for a donation per song.	**EASY PUSH** 2 hours 45 mins or 16 miles
WEEK 10	**REST DAY** Enter a half marathon to familiarise yourself with Event Day routines, such as pre-event nutrition, clothing and hydration strategies.	**EASY PUSH** 50 minutes	**REST DAY** **Work fundraising day** Try being the coffee/breakfast delivery person, or ask for donations for making teas and coffees all week.	**EASY PUSH** 40 minutes	**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**	**STEADY PUSH** 2 hours or 13.1 miles
WEEK 11	**REST DAY**	**EASY PUSH** 60 minutes	**REST DAY**	**EASY/STEADY PUSH** 50-minute push: 10 minutes easy 30 minutes steady 10 minutes easy	**REST DAY** The next four weeks are about getting to know your marathon pace. Have a target time in minutes and work out your pace per mile.	**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!	**STEADY PUSH** 2 hours 45 mins or 16 miles
WEEK 12	**REST DAY** There are just three more weeks of hard training left before the taper and you start to run less and sharpen up.	**EASY PUSH** 40 minutes	**REST DAY**	**EASY/STEADY PUSH** 50-minute push: 5 minutes easy 40 minutes steady 5 minutes easy	**REST DAY** **Make the local news** Approach your local newspaper or radio station and tell them why you're running for your chosen charity.	**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.	**EASY/STEADY PUSH** 3-hour push: 60 mins easy 60 mins steady 60 mins easy
WEEK 13	**REST DAY** Dial in to your long run this week. Focus, plan and prepare. Relax, tune in, and tick off the miles.	**EASY PUSH** 50 minutes	**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.	**EASY/STEADY PUSH** 60 minutes	**REST DAY**	**REST DAY** **Share your progress** Remember to post an update on your fundraising page after your long run this weekend and share it across social and via email.	**STEADY PUSH** 4 hours 30 mins or 22 miles **Longest run** Try and train using your same kit as Event Day, including nutrition. Try and target your ideal marathon pace, but don't go too fast
WEEK 14	**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.	**EASY PUSH** 40 minutes	**REST DAY** **Fuel your taper** Begin to increase the proportion of carbohydrate in your diet but not overall calories! Stay well hydrated.	**EASY PUSH** 50 minutes	**REST DAY** **Listen to this!** 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**	**EASY PUSH** 90 minutes
WEEK 15	**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.	**EASY PUSH** 40 minutes	**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.	**EASY PUSH** 30 minutes	**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.	**REST DAY**	**EASY PUSH** 60 minutes
WEEK 16	**REST DAY**	**EASY PUSH** 40 minutes	**REST DAY** **Download the App** Your supporters can track you on the day.	**EASY PUSH** 20 minutes	**REST DAY**	**REST DAY**	**MARATHON DAY** Start sensibly at your Marathon Day pace and stick to your plan. Trust the training, smile and enjoy yourself. You can do it!