

HJ Winter marathon training 2025

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Over the Christmas period you will need to be in a position to run 10 miles in relative comfort ready to begin the plan. Sunday runs start at 8.00 from The Bridge (please arrive at least 10 mins earlier to receive run plans) PLEASE BE AWARE IT IS YOUR RESPOSIBILITY TO HAVE LOOKED AT THE ROUTE PRIOR TO THE '</p> <p style="text-align: center;">SUNDAY RUN</p> <p style="text-align: center;">We will require a member to plan the run each week and also to man refreshment stops.</p>							
1	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	29/12 10 miles
2	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	5/01 12 miles
3	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	12/01 13 miles
4	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	19/01 15 miles
5	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Parkrun	26/01 16 miles
6 Recovery week	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track(easy) Or run	Strength/ conditioning Bike/swim	Parkrun	02/02 12 miles
7	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	09/02 16 miles
8	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	16/02 18 miles
9 Recovery week	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track (easy) Or run	Strength/ conditioning Bike/swim	Park run	23/02 14 miles

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10	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	02/03 17 miles
11	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	09/03 21 miles 18 miles
12 Recovery week	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track (easy) Or run	Strength/ conditioning Bike/swim	Parkrun	16/03 18 miles tapering 16 miles
13	Rest	Take a slower HJ group than usual HJ Tuesday Run	Strength/ conditioning Bike/swim	Easy run Track Or run	Strength/ conditioning Bike/swim	Parkrun	23/03 16 miles tapering 18 miles
14	Rest	Take a slower HJ group than usual HJ Tuesday Run	Strength/ conditioning Bike/swim	Easy run Track Or run	Strength/ conditioning Bike/swim	Parkrun	30/03 12 miles tapering 21 miles
15	Rest	Take a slower HJ group than usual HJ Tuesday Run	Strength/ conditioning Bike/swim	Easy run Track Or run	Strength/ conditioning Bike/swim	Rest Gentle stretches Parkrun	06/04 Brighton marathon race day 18 miles tapering
16	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy run	Strength/ conditioning Bike/swim	Parkrun	13/04 16 miles tapering
17	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy run	Strength/ conditioning Bike/swim	Parkrun	20/04 12 miles tapering
18	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy run	Strength/ conditioning Bike/swim	Rest Gentle stretches	27/04 London Marathon race day

You will need to give yourself a rest day to enable your body to recover from the increase in mileage. The strength and conditioning or alternative exercise will help your body get strong and help to mitigate injury. The sessions are only as an idea if you have your own sessions use those.

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Because of the timings of the two marathons being 3 weeks apart you will need to follow Blue for Brighton marathon and Green for London marathon.

Long Sunday runs should be run slower than your marathon pace (approx. 1 min per km slower) with a few of these runs to include a marathon pace section of between 3 and 6 miles. The speed sessions can be done on the track where mileage is not the purpose. To help work out your estimated marathon pace use the Jack Daniels pace calculator (see the link – <https://vdoto2.com/calculator/>).

All Sunday runs are supported by HJ. It is hoped that those that take part also take on the role of leader (setting the route) and/or provide support by meeting the runners on route with refreshments. Other members of the club also kindly undertake these roles. (a rota is drawn up at the start where members can sign up to help). If you need extra rest take this mid-week or do an easier session. All days can be altered to suit you. The plan can also be tweaked to include races.