

# 12-WEEK TRAINING PROGRAMME

BRIGHTON  
TRAIL  
MARATHON

TRAIL  
Running

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	Easy 3 miles		45min marathon-pace run, warm-up 5min and cool down 5min	Rest or easy 5 miles		Warm-up 12x45sec at 10km pace with 90sec rest OR 5 miles, picking up pace to 10km speed for last 2 miles	Long run 75-90min
WEEK 2	Easy 3 miles		45min marathon-pace run, warm-up 5min and cool down 5min	Rest or easy 5 miles		Warm-up 5x3min at 10km pace with 90sec rest OR 5 miles, picking up pace to 10km speed for last 2 miles	Long run 75-90min
WEEK 3	Easy 3 miles		60min marathon-pace run, warm-up 5min and cool down 5min	Rest or 5 miles		Warm-up 3x8min at 10km pace with 2min rest OR 8 miles, picking up pace to 10km speed for last 2 miles	Long run 60min
WEEK 4	Easy 6 miles					Easy 5 miles	Long run 90min-2hr
WEEK 5	Easy 6 miles		60min marathon-pace run, warm-up 5min and cool down 5min	Rest or 5 miles		Warm-up 16x1min at 10km pace with 60sec rest OR 8 miles, picking up pace to 10km speed for last 2 miles	Long run 90min-2hr
WEEK 6	Easy 6 miles		60min marathon-pace run, warm-up 5min and cool down 5min	Rest or 5 miles		Warm-up 12x45sec at 10km pace with 90sec rest OR 8 miles, picking up pace to 10km speed for last 2 miles	Long run 2hr-2hr 15min
WEEK 7	Easy 3 miles		90min marathon-pace run, warm-up 5min and cool down 5min	Rest or 5 miles		Warm-up 3x8min at 10km pace with 2min rest OR 8 miles, picking up pace to 10km speed for last 2 miles	Long run 90min
WEEK 8	Easy 3 miles		45min at marathon pace	Rest or 5 miles		Easy 4 miles	Long run 2hr 30min-3hr
WEEK 9	Easy 6 miles		45-60min at marathon pace	Rest or 5 miles		Easy 50min	Long run 2hr
WEEK 10	Easy 6 miles		60min marathon-pace run, warm-up 5min and cool down 5min	Rest or 5 miles		Easy 50min	Long run 90min
WEEK 11	Easy 3 miles		20min at marathon pace	Rest or 5 miles		Easy 20min	Long run 45min
WEEK 12		3 miles jog		2 miles jog			RACE DAY