





















YOUR FIRST MARATHON

BRIGHTON
TRAIL
MARATHON

TRAIL
Running

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	Run 5 miles easy	30-40min cross-training. 10min stretch	Run 4 miles easy. Run 8 x 30s after		Strength training. Light and easy; work on your core and mobility		Long, slow run – 6 miles easy
WEEK 2	Run 5 miles easy	30-40min cross-training. 10min stretch	Run 4 miles easy. Run 8 x 30sec after		Run 6 miles easy		Long, slow run – 8 miles easy
WEEK 3	Run 6 miles easy	45-50min cross-training. 10min stretch	Run 6 miles easy. Run 10 x 30sec after		Strength training. Light and easy; work on your core and mobility		Long, slow run – 10 miles easy
WEEK 4	Run 6 miles	45-50min cross training, 10 min stretch	Run 5 miles tempo		Run 5 miles easy. 10min stretch		Long, slow run – 12 miles easy. Split 2 x 6 miles with walk break if needed
WEEK 5	Run 6 miles easy	45-50min cross-training. 10min stretch	Run 6 miles steady		Strength training. Light and easy; work on your core and mobility		Long, slow run – 14 miles easy. Break into 2 x 7 miles with walk break
WEEK 6	Run 7 miles easy	45-50min cross-training. 10min stretch	Run 6 miles tempo		Run 5 miles easy. 10min stretch		Long, slow run – 16 miles very easy. Focus on form and breathing
WEEK 7	Run 7 miles	45-50min easy cross-training. 10min stretch	Run 6 miles fartlek inc. 10 x 90sec fast		Strength training. Light and easy; work on your core and mobility		Long, slow run – 14 miles easy. It's all about time on feet
WEEK 8	Run 6 miles easy	45-50min cross-training. 10min stretch	Run 6 miles steady inc. 3-4 at marathon pace		Run 5 miles easy. 10min stretch		Long, slow run – 18 miles very easy. Practice hydration on the run
WEEK 9	Run 6 miles easy	45-50min cross-training. 10min stretch	Run 5 miles tempo. Finish with very easy 10min		Strength training. Light and easy; work on your core and mobility		Long, slow run – 8 miles easy inc 3-6 miles at marathon pace
WEEK 10	Run 4 miles inc. 2 miles at marathon pace	45-50min cross-training. 10min stretch	Run 4 miles easy with 2 miles at marathon pace		Run 25min with 10min at marathon pace		RACE DAY