

APRIL

- Purchase summer efficient training kit and a foam roller
- Try to carry on with your regular training; you may want to reduce long runs and move them to 90 mins to 2 hours
- Maintain your conditioning work and start getting stronger before the marathon miles kick in, in July - look for some online classes for this
- Why not complete your own 10k or a half marathon GPS timed distance effort on the day Brighton originally was? A great target and motivation

MAY

- Take a week or so off, or at least, complete a very easy week of training. You deserve this mini break before we start our summer training
- Update your JustGiving fundraising page and keep updating your friends on your adjusted training!
- Switching your focus in May (and June) to shorter faster training might be fun and a clever change of stimulus
- Check out some new routes in your neighbourhood and start to plan your diary for the summer key runs
- Set your nutrition goals for the next few months – check out our meal planner on the Training Blog

JUNE

- Set yourself a personal time trial using your GPS over 5k or 10k every few weeks. See your fitness, speed and confidence continue to build!
- Practice taking on water in cups while running
- Stretch properly after runs
- Use the lighter mornings and evenings to enjoy running when nature is at its best

JULY

- It is now time to start your marathon training again...**

(You don't need to think about a 16 week training block for this period as you maintained your spring prep and boosted speed in the summer. A simple step back to the last 10-12 weeks of your spring plan is all that's needed to take you through to event weekend)

- If it is hot in July and August, try to run early in the morning or later in the evenings to avoid the worst of the heat
- Do a 5k (parkrun if it taking place again) once a month to check your progress and keep sharp
- Increase your long runs again and some of the threshold or race specific workouts
- Practice using HIGH5 Zero and EnergyGels, (which will be on course) or your preferred choice of fuel

AUGUST

- Understand your water plan for the event – how much you will take on at what stages. Advice is on the Training Blog
- Familiarise yourself with the course map
- Book your pre-race and /or post-race massage at the Beach Village
- Start to think about what you will wear on Race Day
- Start to think about your Race Day pace or effort and include segments at this intensity within your long runs
- Book a weekly sports massage to iron out the damage and tightness from those long runs
- Check out 2XU compression calf guards for support during runs and compression wear for post-runs to speed recovery
- Purchase new running shoes now for Race Day and start wearing them in
- Choose flat and fast routes to practice your final long runs for confidence

SEPTEMBER

- Check out the Event Programme, full of useful event weekend info for you and your supporters
- Make sure you have read the official Participant Instructions
- Work out how you will get to the Start on race morning
- Read the medical and recovery advice ahead of the event
- Purchase second hand warm clothing you can wear and then discard at the Start
- Work out what start corral you will choose when you collect your Race Pack, according to your training times
- Download the Brighton Marathon Weekend app (runners will be added after Race Packs are collected)
- Make sure you have your Confirmation email / QR code printed out or saved to your phone (also available if you sign in on the app) for Race Pack collection
- Review the on-course nutrition stations and your water plan
- Continue with your daily stretching, weekly conditioning and take extra rest if it all catches up with you
- Practice running in your race day kit incl. socks
- Arrange where to meet your supporters after you finish in the Beach Village
- Are you running for charity? Will they be in the Beach Village to greet you?
- Double check the start time and your journey to the start, in order to arrive at least one hour beforehand
- Make sure you have received your Park & Ride permit if you booked it
- Pack your bags for Race Weekend - don't forget your photo ID for Race Pack collection and your Confirmation Email
- Work out what you want to put in your official kit bag for the baggage lorries (guidance in Participant Instructions)
- Ensure you know what you'll be eating (and where) for your pre-race meal
- No last minute long runs or sessions. The training is banked, your goal is now to start fresh
- Review your training and remind yourself how good you are and why you entered this marathon...you are ready!
- Collect Race Packs Fri/Sat before the event
- RE-READ THE PARTICIPANT INSTRUCTIONS

AFTER THE EVENT

- Share your pics on social media with #MyBrightonMarathon
- Recover according to our medical advice
- Enter next year's event ;-)
- Check the website for your official Marathon-Photos, available to purchase
- Order official merchandise on the website to commemorate your achievement
- Enjoy a break from running but keep moving and add some light x training the week after the race
- In the weeks that follow, ease back into running gently