

MONTHLY PLANNER



DECEMBER

- ☐ Get a Body MOT from a qualified physiotherapist
- ☐ Set yourself a training goal for the end of the month: you should be able to run/jog at an easy pace for 30 minutes before starting your training plan in January
- ☐ Start your conditioning work to build strength before the marathon miles kick in from January
- ☐ Be sure to read the medical advice on the Brighton Marathon Weekend website before you begin your training plan
- ☐ Set up your Enthuse fundraising page
- ☐ Check out the training articles on the website for useful advice and tips
- ☐ Make time to rest and recover between exercise and take breaks
- ☐ Add a Buxton bottle belt to your Christmas list so you can practise running with bottles and stay hydrated on long training runs

JANUARY

- ☐ Start your training plan! This will be emailed to you and available on the website
- ☐ Sort out your travel plans and book accommodation if you're staying over in the city – check out our hotel partner, Hilton, for some great options
- ☐ Order your iTAB insert for the back of your medal. This is a small plate engraved with your name and finishing time which fits neatly on the back of your medal.
- ☐ Book in with a physio to stay on top of any injuries
- ☐ Practise using HIGH5 Zero (vitamin and electrolytes drink) and Energy Gels (which will be available on the marathon course) or your preferred choice of fuel
- ☐ Make sure you're receiving the regular participant newsletters from us – if not, please contact us

FEBRUARY

- ☐ Understand your nutrition and hydration plans for the event – how much will you take on and when? We recommend carrying a water bottle with you as this will enable you to hydrate when best suits you throughout your event. More hydration tips from our water provider, Buxton, can be found on the Training Blog on the website
- ☐ Familiarise yourself with the course map
- ☐ Start to think about what you will wear on Event Day
- ☐ Start to think about your Event Day pace and effort so you can begin introducing segments at this intensity within your training
- ☐ Stretch, rest and pay attention to recovery. If you can, book a sport massage to iron out any tightness from your long runs
- ☐ Check your address is up to date and accurate to ensure you receive your Event Pack
- ☐ Purchase your race-day photo bundle from AWOL while it is 50 per cent off

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MARCH

- ☐ Stretch regularly to help reduce the risk of injuries
- ☐ Check out your Event Guide – this will be emailed to you and available on the website. This will include everything you need to know before, during and after your event
- ☐ Work out how you will get to the Start on event morning
- ☐ Read the medical and recovery advice ahead of the event
- ☐ If you want to start with your friends, check which corrals you have each been allocated. You can move back to a later corral to start together, but you are not able to move forwards. Find out who is starting in the latest wave and decide if you all want to start together there
- ☐ Download the official Brighton Marathon App
- ☐ Go over the course maps again and identify the nutrition and hydration stations to help inform the last weeks of your training
- ☐ Finalise your Event Day plan by considering how your training has gone and what you want to achieve on the day
- ☐ Go on a practice run where you wear your Event Day kit and eat your Event Day breakfast
- ☐ Choose flat routes for your final long runs to boost your confidence and get ready for the home straight

APRIL

- ☐ Arrange where to meet your supporters once you've finished
- ☐ Are you taking part for charity? Find out if they will have any representatives in the Beach Village to meet you once you've finished
- ☐ Double check your start time and how long your journey will take in order to arrive at least one hour before your start
- ☐ Pack your bags for Event Weekend
- ☐ Ensure you know what you'll be eating, and where, for your pre-event meals
- ☐ No last-minute long runs or sessions. Your training is complete; your goal now is to start fresh
- ☐ Review your training and remind yourself how good you are and why you entered this event. You're ready!
- ☐ Re-read the Event Guide!

AFTER THE EVENT

- ☐ Share your photos of your event on social media and tag our channels!
- ☐ Recover according to the medical and recovery advice on the website and from your medical professional (if you see one)
- ☐ Enter next year's event ;)
- ☐ Enjoy a break but keep moving and add in some light training the week after the event
- ☐ In the weeks that follow, ease back into training and set some fun goals!