

The Ultimate Brighton Half-Marathon Training Guide

Training for your first half-marathon or chasing down a new PB at the Brighton Half? Here's everything you need to know!

Whether you want to conquer your first coastal half-marathon or improve your time on a fast and flat route, there are several key elements to master. From enhancing your speed work to nailing your recovery, these tips will help you glide along the seafront faster than you thought possible.

Speed Work

Brighton's coastal breeze can be a challenge, especially if it picks up along the prom. To tackle this, it's important to incorporate speed work into your training. Interval and tempo sessions will build your ability to handle faster paces even if the wind is against you. Interval sessions push your speed with short, intense bursts followed by rest, while tempo sessions help you maintain speed over longer distances, preparing you to sustain your pace even when conditions aren't ideal.

Long Runs

Building endurance is critical, especially when tackling a half-marathon. Your long runs should gradually increase in distance, reaching around 75-80% of the race distance. These sessions will help you become comfortable with running for longer periods, so that you can confidently navigate the entire route, from the lively city centre to running along the seafront. Mix in some faster efforts to keep you strong when that winter weather tries to slow you down.

Easy Runs

As tempting as it is to focus on speed, easy runs are essential. These slow, gentle runs allow your body to recover and build strength without risking injury. Embrace the scenic coastal views on your easy runs and allow your body to recover while still logging those important miles.

Cross Training

Adding variety to your training is crucial to keep things fresh and reduce the risk of injury. Whether it's cycling along the beachfront or taking a swim in your local pool, cross-training will strengthen different muscle groups and boost your endurance without overworking your legs. Plus, it's a great way to break up the monotony of running while still staying active.

Mileage

As you build up towards race day, your weekly mileage will naturally increase. Start with a manageable amount and follow the golden rule of not increasing your mileage by more than 10% per week. Brighton's flat course might encourage you to push your limits but take it easy to avoid injury. Remember, the race is a 13.1-mile journey, and gradual progression is the key to crossing that finish line in top form.

Recovery

Recovery is just as important as your training sessions. After long or intense runs, give your body the recovery it needs with consistent sleep, stretching, and mobility work. This will ensure you're fresh and ready to tackle the next run, no matter how our winter weather behaves.

Nutrition

Fuelling your body properly is essential for tackling a half-marathon. Focus on getting enough protein to support muscle recovery and plenty of carbs to fuel those tougher sessions. And if you are training locally, Brighton is known for its great cafés and eateries, so don't be afraid to explore and refuel after your long training runs along the seafront!

Shoes

Investing in a good pair of shoes can make all the difference, especially when running on varied terrain. From the smooth city streets to the sometimes blustery and exposed run across your local parkland, a pair of well-fitted running shoes will help protect your feet and legs from the impact and provide the grip you need if the weather turns.

Accountability

Consistency is key when training for a Half-Marathon. Whether you're running solo along the beach or joining a local run club, it's important to stick to your routine. Many towns and cities have thriving running communities, so take advantage of what's on offer to stay motivated and hold yourself accountable.

Pacing

Given Brighton's flat and fast course, it's important to get your pacing right. Practise running at your goal pace in a variety of conditions, so come race day, you're prepared to maintain your speed whether the sun is shining, the wind picks up - or it starts to rain!

Follow a Plan!

To help guide your training, follow a structured plan. A good training plan will set out your sessions, manage your mileage, and make sure you're ready to face the challenge of running Brighton's with confidence. It's the best way to stay accountable and make sure you're ready for race day.

Whether you've already signed up for the Brighton Half-Marathon or are just starting your journey, check out our personalised training plans with Runna and get your first 2 weeks for free using the code BRIGHTONHALF

Let's make that finish line along the Brighton seafront your next destination!