

# HAVIT Brighton Marathon Training 2012

## Calendar January-April 2012



January				
<b>Sunday 8th January</b>	Brighton 1/2 Marathon & Marathon Training	9.00 a.m. Meet at Active4less. 7 mile run along seafront to just short of Brighton Marina.	14 weeks to go	
<b>Tuesday 10th January</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	13 weeks to go	
<b>Sunday 15th January</b>	Brighton 1/2 Marathon & Marathon Training	9.00 a.m. Meet at Active4less. 8 mile run towards Devils Dyke		
<b>Tuesday 17th January</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	12 weeks to go	
<b>Sunday 22nd January</b>	Brighton 1/2 Marathon & Marathon Training	9.00 a.m. Meet at Active4less. 10 mile run including Mill Hill		
<b>Tuesday 24th January</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	11 weeks to go	
<b>Sunday 29th January</b>	Brighton 1/2 Marathon & Marathon Training	9.00 a.m. Meet at Active4less. 12 mile run seafront route towards Marina		
<b>Tuesday 31st January</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	10 weeks to go	
February				
<b>Sunday 5th February</b>	<b>Chichester 10k road race</b>	Members of Active4less entering this race. Meet at Active4less at 9.00a.m. for 11.00a.m start. To enter <a href="http://chichester10krace.org.uk/10k_Road_Race/Entries.html">http://chichester10krace.org.uk/10k_Road_Race/Entries.html</a>		
<b>Tuesday 7th February</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session		9 weeks to go
<b>Sunday 12th February</b>	Brighton 1/2 Marathon & Marathon Training	9.00a.m. Meet at Active4less. 8 mile run seafront route.		
<b>Tuesday 14th February</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session		

<b>Sunday 19th February</b>	<b>Brighton Half Marathon</b>	Team from Active4less entering. Meet before and after for social pub lunch. Arrangements to be made beginning of February. <a href="http://brightonhalfmarathon.com/race-day">http://brightonhalfmarathon.com/race-day</a> No places left now.	<b>8 weeks to go</b>
<b>Tuesday 21st February</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	<b>7 weeks to go</b>
<b>Sunday 26th February</b>	Brighton Marathon Training	9.00 a.m. Meet at Active4less. 10 mile run seafront route.	
<b>Tuesday 27th February</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	<b>6 weeks to go</b>
<b>March</b>			
<b>Sunday 4th March</b>	Brighton Marathon Training	9.00 a.m. Meet at Active4less. 16 mile run seafront route.	<b>5 weeks to go</b>
<b>Tuesday 6th March</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	
<b>Sunday 11th March</b>	Brighton Marathon Training	9.00 a.m. Meet at Active4less. 18 mile run seafront route.	<b>4 weeks to go</b>
<b>Tuesday 13th March</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	
<b>Sunday 18th March</b>	Brighton Marathon Training	9.00 a.m. Meet at Active4less. 20 mile run seafront route.	<b>3 weeks to go</b>
<b>Tuesday 20th March</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	
<b>Sunday 25th March</b>	Brighton Marathon Training	9.00 a.m. Meet at Active4less. 20 mile run seafront route.	<b>2 weeks to go</b>
<b>Tuesday 27th March</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	
<b>April</b>			<b>1 week to go</b>
<b>Sunday 1st April</b>	Brighton Marathon Training	9.00 a.m. Meet at Active4less. 12 mile run seafront route.	
<b>Tuesday 3rd April</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session	
<b>Sunday 8th April</b>	Brighton Marathon Training	9.00 a.m. Meet at Active4less. 10 mile run seafront route.	

<b>Tuesday 10th April</b>	Fitness Session Hove Park 6.45p.m.	30 minute fitness session
<b>Sunday 15th April</b>	<b>Brighton Marathon</b>	Arrange to meet before and after. Details to be arranged in March

## Marathon week

**For further information on any run, technique, or to find out more about the**