



We Run As One

The Big Half

10-week Wheelchair Training Plan

How to use this plan

Training for a half marathon as a wheelchair user can be very different to training for the distance as a runner. Wheelchair users will have other factors that impact their training and fitness levels, such as whether they are a full-time or part-time user, length of time as a wheelchair user and involvement in other physical activity.

If you are a full-time manual wheelchair user you will push your chair every day and therefore will be exercising your arms, which will help your strength and fitness. If you participate in other sports such as wheelchair basketball or rugby, then you may feel you can switch out one of the weekday sessions for your regular training session. Sessions are likely to vary for each person, for example a session can be harder if there are more inclines and hills within your chosen route. It's good to include some hill training as this will help strengthen your arms.

Different types of training

EASY PUSH

The purpose of an easy push is to spend time in your chair, which will help you improve your stamina. Focus on covering the distance or time instead of focusing on the pace you are pushing at. An easy push will be different for different wheelchair users, but it should feel slightly faster than your everyday pushing speed. As you progress through the Training Plan you should feel your easy push speed increase, if this is the case go with whatever pace feels comfortable. The purpose of an easy push workout is to improve fitness and complete the distance or time allocated for the session.

STEADY PUSH

A steady push is designed to replicate Event Day and help improve your overall stamina to complete the distance. Try and build up to a pace that you could maintain for the time or distance asked in the plan. You may prefer to mix up a steady push with some fast pushing and some easy pushing at regular intervals. For example, you could fast push for five minutes and then easy push for one minute over the course of the session.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Get motivated for the week ahead!	TRAINING DAY	Podcast of the week – click to listen!	TRAINING DAY	Fridays are We Run As One Days!	Relax, and plan your fundraising!	TRAINING DAY
WEEK 1	<p>Starting off right Firstly, you can do this! 13.1 miles is a long way, but have faith in yourself and the journey you are about to go on – and this plan!</p> <p>Regular running will develop the stamina and strength you need to run a successful half marathon.</p> <p>LET'S GO!</p>	<p>Easy Push 20 minutes</p>	<p>Listen The Start Line Podcast Hosted by Dee, Jules and Petrina: three sisters talking about running, eating, music, life... and everything in between.</p>	<p>Easy Push 30 minutes</p>	<p>Pride in London Find out more about the team of volunteers working hard to make Pride London (29 June) the UK's biggest and most diverse Pride. Everything they do is designed to give LGBT+ people a platform to be visible and speak loudly to the rest of the city about what matters to them.</p>	<p>The good news? There's no training today! Sit back, relax (if you can!), reflect on your success and look forward to the week ahead. These Saturdays are a chance to rest, and plan your fundraising! First up, create your fundraising page with Enthuse, our official fundraising partner.</p>	<p>Easy Push 4 miles</p>
WEEK 2	<p>Fuelling your body Here are our top three foods to help aid your recovery and rebuild and repair those muscles after every run:</p> <p>1. Watercress Not just garnish – watercress is an established big-hitter for recovery and damage limitation. The peppery leaves contain hefty amounts of iron, vitamin C and calcium and are a great way to liven up a salad. Eat: Whenever you can</p> <p>2. Alcohol-free beer Contains powerful antioxidant phenols: a German study showed runners who were given non-alcoholic beer for three weeks before the Munich Marathon suffered less inflammation afterwards than a placebo group – and probably fewer headaches too! Drink: Erdinger Alkoholfrei</p> <p>3. Apples Among many good things, apples contain quercetin, an anti-inflammatory antioxidant. Eat: Like they say, an apple a day</p>	<p>Easy Push 30 minutes</p>	<p>Listen The Run Wave A safe place for runners to discuss what's on their mind, vent about things going on within the running community, and just a place where runners can be themselves and have a great time.</p>	<p>Easy Push 40 minutes</p>	<p>London's best running routes The Big Half is a celebration of our capital – if you live in the city and want to get to know it better while training, take a look at Lonely Planet's seven best running routes for inspiration.</p>	<p>Involve colleagues. Add your fundraising link to your email signature, or put it on the work noticeboard, to spread the word with your colleagues.</p>	<p>Easy Push 5 miles</p>
WEEK 3	<p>Training in summer While training during the summer months means longer days and (hopefully) less wind, rain and mud to contend with, it can be tricky if the temperatures start hotting up!</p> <p>Visit our website to read our top five tips for running in the heat.</p>	<p>Easy Push 40 minutes</p>	<p>Listen Rich Roll podcast Ultra-endurance athlete Rich Roll delves deep into all things wellness, with some of the brightest and most forward-thinking, paradigm-busting minds in health, fitness, nutrition, art, entrepreneurship, and spirituality. Rich aims to help you unlock your best self.</p>	<p>Easy Push 50 minutes</p>	<p>Migration Museum This digital exhibition at Lewisham's Migration Museum shines a light on the stories and experiences of people who have come to Britain to work in the NHS over the past 75 years.</p>	<p>Double your money. Check if your employer does 'matched giving' – this could double the amount you raise for charity!</p>	<p>Easy Push 6 miles</p>
WEEK 4	<p>Three tips for a good night's sleep</p> <p>1. Turn your screens off an hour before bed: the blue light emitted from your devices can interfere with your circadian rhythm.</p> <p>2. Give yourself a three-hour gap between your last meal and your bedtime. A settled stomach can help you relax and get into that sleepy state sooner.</p> <p>3. Avoid caffeine after midday. Caffeine raises your heart rate and can stay in your system for up to seven hours.</p>	<p>Easy Push 40 minutes</p>	<p>Listen To My Sisters Courtney Daniella Boateng and Renee Kapuku's mission is to see women win. Focused on fostering positive female relationships, To My Sisters offers women the space for holistic wellness, growth and healing.</p>	<p>Easy/Steady Push Total: 50 minutes 10 minutes easy 30 minutes steady 10 minutes easy</p>	<p>Disability influencers Around 14 million people in the UK have some sort of disability – read about the disability influencers trying to make a difference and leave their mark on social media.</p>	<p>Organise a quiz night. Host a quiz night and charge people an entry fee to add to your fundraising total. You could hold a raffle at the same time too!</p>	<p>Easy Push 6 miles</p>
WEEK 5	<p>Have fun with Fartlek! At the halfway point in the plan, you may want to bring some variety to your schedule. Fartlek training makes a great alternative to road running.</p> <p>The word 'Fartlek' comes from the Swedish meaning 'speed play' – find out how to have some Fartlek fun on your runs on our website.</p>	<p>Easy Push 45 minutes</p>	<p>Listen The Disabled Debrief <i>Conscious Being Magazine</i> is written for and by disabled women and non-binary people – and its podcast covers subjects such as privilege, chronic illness in the workplace, disability in sports and more!</p>	<p>Easy/Steady Push Total: 40 minutes 10 minutes easy 2 mins fast then 2 mins easy x 5 10 minutes easy</p>	<p>Women's Running Diversity and inclusion is at the heart of monthly magazine <i>Women's Running</i> and each cover star is representative of diverse ethnicity, body types and abilities.</p>	<p>Sponsor a mile. Make it easy for people to donate: share your fundraising page and ask them to sponsor you an amount per mile.</p>	<p>Easy Push 7 miles</p>
WEEK 6	<p>Inspiring community groups Community groups empower runners of all backgrounds and abilities to feel the benefits of exercise and help make running events accessible to all – that's why we make community places available in The Big Half.</p> <p>Check our website regularly to find out more about some of the amazing community groups taking part in the event this year.</p>	<p>Steady Push 45 minutes</p>	<p>Listen Women's Running podcast Each week the <i>Women's Running</i> magazine team chats to and has a cuppa with an incredible woman from the world of running – their interview with Denise Stephenson, co-founder of Emancipated Run Crew, is inspiring!</p>	<p>Easy/Steady Push Total: 50 minutes 5 minutes easy 40 minutes steady 5 minutes easy</p>	<p>Black Unity Bike Ride Shake up your training by getting on a bike! The Black Unity Bike Ride (BUBR) on Saturday 3 August kicks off at Leyton Sports Ground in east London and finishes at the new BUBR Fest in south London.</p>	<p>Share your progress. Post an update and photo from one of your training runs on your fundraising page and share it on social media and via email.</p>	<p>Easy Push 8 miles</p>
WEEK 7	<p>How to deal with injury</p> <p>1. It's OK to be upset or angry about not being able to run. Let those initial emotions out, don't bottle them up or they will build.</p> <p>2. You can't run right now, but that doesn't mean you're not an athlete. Use this time to focus on your diet, improve flexibility and work on a better sleep routine.</p> <p>3. Don't rush back. You can end up doing yourself more damage. Take your time and trust the process!</p>	<p>Easy Push 50 minutes</p>	<p>Listen Power Hour with Adrienne Herbert What could you do if you dedicated just one hour each day to improving yourself and your life? Host Adrienne Herbert explores this idea by speaking to today's leading coaches, creatives, change-makers and innovators, finding out about their routines, habits, and rules to live by.</p>	<p>Easy/Steady Push Total: 40 minutes 10 minutes easy 1 min fast then 10 minutes easy</p>	<p>so informed We think you'll love this social media platform that dissects progressive politics and social issues – it's a great educational resource to generate discourse!</p>	<p>Film night How about a change of pace with a relaxed film night at home? Charge your friends a small entrance fee to come along to add to your total.</p>	<p>Easy Push 9 miles</p>
WEEK 8	<p>Three steps to fundraising</p> <p>1. Set up your fundraising page with our official fundraising partner, Enthuse, now – there's no time like the present!</p> <p>2. Set your target – make sure you set a fundraising goal for all potential donors to see. It will give you something to aim for too!</p> <p>3. Personalise your page – this is your opportunity to share your story. Let people know why you're running and give them a reason to donate.</p>	<p>Steady Push 50 minutes</p>	<p>Listen Run Things Great inspiration for all runners (and those aspiring to run), Kev and Clare host this mental-health focused podcast all about participation, fun, interaction and support. Everyone is welcome.</p>	<p>Easy/Steady Push Total: 60 minutes 15 minutes easy 30 minutes steady 15 minutes easy</p>	<p>The Felix Project There's a child hunger crisis in some of the very communities The Big Half passes through. Felix's Kitchen makes meals from surplus food and delivers them for free in east London, where almost half of children live in poverty. Find out how you can help.</p>	<p>Consider fancy dress. Everyone loves fancy dress! Plan an outfit and then consider auctioning the choice of your event running gear to the highest donor. Make sure you've practised running in your outfit before Event Day.</p>	<p>Easy Push 10 miles</p>
WEEK 9	<p>Understanding tapering It may feel counter-productive, but slowing down, prioritising rest, and reducing your mileage in the last couple of weeks before Event Day is exactly what your body needs to perform at its very best.</p> <p>So trust your training – you won't gain any extra fitness in these last couple of weeks. Rest up and make sure you're itching to go next week.</p>	<p>Easy Push 40 minutes</p>	<p>Listen Well Far: the Running Podcast Well Far aims to help you to go the distance – check out the Miles and Your Menstrual Cycle episode to discover the link between periods and performance.</p>	<p>Steady Push 45 minutes</p>	<p>Dose of Society For a fresh perspective on the news, check out @doseofsociety. They're a social media team that shines the lights on the stories that matter, but that you may not hear about from other outlets.</p>	<p>One final push! Amazing work – you're nearly completed week 9! Now it's time for one final fundraising push as you prepare for Event Day next Sunday.</p>	<p>Easy Push 7 miles</p>
WEEK 10	<p>Preparing for Event Day You've made it! You've 10 – congratulations! You've done the hard work and now all that's left is to go out and run 13.1 miles. But before you do that, make sure you've read your Event Guide, which we will email to you. It includes everything you need to know to ensure your day runs smoothly.</p>	<p>Easy Push 50 minutes</p>	<p>Listen A Runner's Life – Marcus Brown Be inspired by accomplished marathoner Marcus Brown as he and his guests tackle the topics around training that impact our daily lives.</p>	<p>Easy Push 40 minutes</p>	<p>Transforming Lives Visit The Running Charity's website to find out more about how they combine running with skilled youth work and vital community services in London, Leeds and Manchester.</p>	<p>Rest day You're nearly there! You've done all the hard work so now you can relax and reflect on how far you've come in the last 10 weeks. Tomorrow is a big day – make sure you eat well and get to bed early, so you're ready to take on 13.1 miles!</p>	<p>THE BIG HALF EVENT DAY! The good news? Today is The Big Half Event Day! The even better news? You're going to smash it! See you at the Start!</p>

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