

**REACH
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**HACKNEY
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Hackney Half Marathon Training Guide

In collaboration with Elite Evolution



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Your Training Week Plan



Complete x1 each week:

Long Run

Increases endurance and race-day confidence. Aim to increase the distance by 1–2 km each week.

Steady Run

A conversational-pace run to build aerobic fitness.

Speed or Interval Session

Shorter bursts that improve pace and cardiovascular strength.

Optional Recovery Run

Light jogging to support blood flow and reduce stiffness.





Recovery and rest Days



Rest days or easy runs allow your body to adapt and prevent injuries. Overtraining is a common mistake in half marathon training. Massages, saunas, steam rooms, plunge pools are great ways to speed up recovery and prevent injuries as well.

These techniques support circulation, reduce soreness, and enhance long-term resilience.



Strength Training



Strength training in the gym is key to longevity in your runs and also prevents injuries. I would recommend at least 1 strength training session a week that focuses on your glutes, quads, hamstrings, calves and core.

These are the fundamental muscle groups that you will need to get you through your run. Elite Evolution has amazing functional gyms in Hackney Wick and Islington to help you with your strength training if you need additional support.

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Nutrition



Nutrition plays a vital role in your performance before, during, and after training. Proper fuelling supports muscle recovery and energy levels.

Always remember to:

- Maintain consistent hydration throughout the day.
- Focus on balanced meals with carbohydrates, lean proteins, and healthy fats.
- Use sports drinks and energy gels during long runs. Get into a routine of taking these - avoid trying anything new on race day



Choosing the right kit



Getting the right running shoes is essential but avoid getting new trainers any closer than two weeks before race day as they may take time to break in.

Get the right type of clothing that you feel comfortable running in for long periods of time. Polyester is good, light weight, breathable and moisture absorbent. The ReachOut official top is made from polyester.



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The Day Before



Rest the day before your marathon. Go for a walk and have a nice, chilled day. Then Layout all your gear ready for the marathon. Footwear, energy tablets if you take them, shades, socks etc.

Have dinner 2–3 hours before bed so digestion doesn't interfere with sleep.



On the Day



Breakfast

Have breakfast and keep it simple with complex carbs to help fuel you. Eat 2-3 hours before the race. Things like oats and bananas or toast and peanut butter.



Pre-race warm-up

Do some light mobility dynamic stretches before the race. Don't overexert yourself. You can use a soft foam roller or massage gun to loosen tight areas



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GOOD LUCK

Now your preparation is complete it's time
to go out and smash this half marathon!!!

