



LONDON LANDMARKS HALF MARATHON

13.1 MILES

When: Sunday 12th April 2026

Where: Starting close to Downing Street taking you on a journey through both the City of Westminster and the City of London ending by Trafalgar Square

To join our team visit www.ferringcountrycentre.org

A Charity Supporting People with Learning Disabilities





Welcome & Thank You!

Dear Runners,

A very warm **welcome** and a huge **thank you** for choosing to run and raise funds for **Ferring Country Centre**. We're so excited to have you on board!

Every step you take and every pound you raise helps us continue our vital work supporting people with learning disabilities. Your efforts help us grow our services, care for our animals, and maintain the Centre as a safe, inclusive space for all to enjoy.

To help you on your journey, this pack includes a selection of training plans to get you underway, whether you're a first-time runner or a seasoned pro.

We'll also be there to cheer you on! Look out for our **Ferring Country Centre cheer station** on the route – we'll be there in full force to give you the encouragement you deserve.

At sign-up, you would have set up your **JustGiving page**, and we know getting started with fundraising can sometimes feel daunting – so here are a few ideas to kick things off:

- **Personal Story:** Share why you're running for Ferring Country Centre – people connect with your passion.
- **Social Media Shoutouts:** Post updates of your training and goals. A quick photo or video can go a long way.
- **Mini Challenges:** Offer to run in fancy dress or add a challenge for every donation milestone.
- **Workplace Match-Funding:** Ask your employer if they'll match what you raise – many companies do!

Thank you again for being part of our team. You're making a real difference, and we can't wait to see what you'll achieve!

With heartfelt thanks,

The Ferring Country Centre Team

A Charity Supporting People with Learning Disabilities



Training Plans

Beginners - 12 weeks

This plan is ideal for first time runners
 GOAL: Finish the race, build endurance gradually
 Weekly Structure
 3 runs per week: Easy Pace including 1 long run per week: Slow and steady
 1 Cross-training day (XT)
 2 Rest Days

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	2 miles	Rest	2 miles	Rest	W-30m	3 miles
2	Rest	2 miles	Rest	2 miles	Rest	XT	4 miles
3	Rest	2 miles	Rest	2 miles	Rest	XT	5 miles
4	Rest	3 miles	Rest	2 miles	Rest	XT	6 miles
5	Rest	3 miles	Rest	2 miles	Rest	XT	7 miles
6	Rest	3 miles	Rest	3 miles	Rest	XT	4 miles
7	Rest	3 miles	Rest	3 miles	Rest	XT	8 miles
8	Rest	3 miles	Rest	3 miles	Rest	XT	9 miles
9	Rest	4 miles	Rest	3 miles	Rest	XT	10 miles
10	Rest	4 miles	Rest	3 miles	Rest	XT	6 miles
11	Rest	3 miles	Rest	2 miles	Rest	Rest	10 miles
12	Rest	2 miles	Rest	Rest	Rest	Rest	Race Day!

A Charity Supporting People with Learning Disabilities



Training Plans

Intermediate - 10 weeks

This plan is ideal for those who would like to improve their running

GOAL: Improve time, build speed and endurance

Weekly Structure

4 runs per week (includes 1 tempo or interval session)

1 long run per week: Slow and steady

1 Cross-training day (XT)

1 Rest Day

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mi-easy	XT	3mi-temp	Rest	3 miles	5 miles
2	Rest	3 mi-easy	XT	4 mi-temp	Rest	3 miles	6 miles
3	Rest	4 miles	XT	3 x800m	Rest	3 miles	7 miles
4	Rest	3 mi-easy	XT	5mi-temp	Rest	4 miles	8 miles
5	Rest	4 miles	XT	4 x 800m	Rest	3 miles	9 miles
6	Rest	4 miles	XT	5 mi-temp	Rest	4 miles	6 miles
7	Rest	4 miles	XT	6 x 800m	Rest	3 miles	10 miles
8	Rest	5 miles	XT	6 mi-temp	Rest	3 miles	11 miles
9	Rest	3 miles	XT	6 mi-temp	Rest	2 miles	8 miles
10	Rest	2 miles	Rest	Rest	Rest	Rest	Race Day!

A Charity Supporting People with Learning Disabilities



Training Plans

Advanced- 8 weeks

This plan is ideal experienced runners
 GOAL: PB focused, includes intervals, tempo runs, pace runs and taper
 Weekly Structure
 5 runs per week (includes speed, tempo, pace and long runs)
 1 long run per week: Slow and steady
 1 Cross-training day (XT)
 1 Rest Day

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	4 mi-easy	6 x 400m	4mi-temp	XT	5 mi-pace	8 miles
2	Rest	5 miles	5 x 800m	5mi-temp	XT	5 mi-easy	9 miles
3	Rest	5 miles	6 x 800m	6 mi-temp	XT	6 mi-pace	10 miles
4	Rest	4 miles	3 mi-hills	6 mi-temp	XT	5 mi-easy	7 miles
5	Rest	6 miles	7 x 800m	6 mi-temp	XT	6 mi-pace	11 miles
6	Rest	6 miles	4 mi-hills	5 mi-temp	XT	5 mi-easy	12 miles
7	Rest	5 miles	4 x 800m	4 mi-temp	Rest	4 miles	8 miles
8	Rest	3 miles	Rest	2 miles	Rest	Rest	Race Day!

A Charity Supporting People with Learning Disabilities



Terms and Conditions

London Landmarks Half Marathon 2026 Charity Place

These Terms and Conditions apply to individuals ("the Participant") who are allocated a charity place in the London Landmarks Half Marathon ("the Event") by Ferring Country Centre ("the Charity").

By accepting a charity place, the Participant agrees to the following:

1. Eligibility

- Participants must be aged 18 or over on the date of the Event.
- The Charity reserves the right to refuse entry to anyone for any reason.
- Participants must understand that the event is not organised by Ferring Country Centre, but by a third-party event organiser and that it is their own responsibility to read the terms and conditions issued by the event organiser and to comply with these.

2. Fundraising Commitment

- The Participant agrees to raise a minimum sponsorship amount of £450 (excluding Gift Aid) for the Charity.
- The fundraising target must be met no later than 4 weeks after the date of the Event with 50% of the agreed funding being achieved 4 weeks prior to the event.
- All funds raised must be for the sole benefit of the Charity and not used to cover the Participant's costs.

3. Registration Fee

- A non-refundable registration fee of £45 is required to secure a place.
- The registration fee is separate from and does not count towards the fundraising target.

4. Use of Place

- The charity place is non-transferable and must only be used by the individual named in the original application.
- If the Participant is unable to take part, they must inform the Charity as soon as possible.

5. Withdrawal

- If the Participant withdraws from the Event:
- The registration fee will not be refunded.
- Any funds raised will still be passed to the Charity, all monies paid to Ferring Country Centre by this time are non-refundable and will be treated as a donation.
- Withdrawal due to injury or exceptional circumstances may be considered on a case-by-case basis.

6. Fundraising Standards

- All fundraising must be carried out in accordance with the Fundraising Regulator's Code of Fundraising Practice.
- Participants must make it clear they are fundraising "in aid of" rather than "on behalf of" the Charity.
- Participants will make sure they display Ferring Country Centre's name and Charity number (297286) when undertaking fundraising activities, in line with the conditions in point 9 of this document.

7. Sponsorship and Donations

- All sponsorship money raised must be sent to the Charity no later than 17th May 2026, unless agreed otherwise.
- Just giving pages must be linked to Ferring Country Centre's Just Giving account with all donations being paid directly to the Charity.

8. Event Rules and Conduct

- Participants must abide by the rules of the Event and any instructions given by the organisers.
- Participants take part at their own risk and are responsible for their own fitness and medical condition.
- The Charity will not be held responsible for any injury, loss, or damage sustained during the Event.

9. Charity Materials and Branding

Any use of the Ferring Country Centre's logo or promotional materials must be approved in advance. Participants are encouraged to wear the Ferring Country Centre branded running vest or t-shirt provided.

A Charity Supporting People with Learning Disabilities



Terms and Conditions

London Landmarks Half Marathon 2026
Charity Place

10. Data Protection (GDPR)

- The Charity will collect and process personal information in accordance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.
- Your personal information will be used only for the purpose of administering your participation in the Event, fundraising support, and post-event communications.
- You have the right to access, rectify, or request the deletion of your data at any time by contacting office@ferringcountrycentre.org
- Your details will not be shared with third parties except where necessary for the operation of the Event or where we are legally required to do so.

11. Waiver and Liability

- By participating in the Event, you confirm that you are physically fit and able to take part and are aware of the risks involved.
- You understand that participation is entirely at your own risk, and you absolve the Charity, its staff, trustees, sponsors, and volunteers from any responsibility for loss, injury, or damage incurred during participation in the Event.
- This waiver does not apply to any liability which cannot legally be excluded or limited, including death or personal injury caused by the Charity's negligence.

12. Changes or Cancellation

- The Charity is not responsible for changes to or the cancellation of the Event by the organiser.
- If the Event is postponed or cancelled, the Charity will communicate alternative options to the Participant, which may include deferral or fundraising reallocation.

By registering for a charity place, the Participant confirms they have read, understood, and agree to be bound by these Terms and Conditions.

A Charity Supporting People with Learning Disabilities