

Week 18 – Feb 15th – Feb 21st

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|-------|---------|
| Distance | | | | | | | 5km |
| Duration | R/XT | 60min | 75min | 60min | R/XT | 90min | Opunake |

Week 19 – Feb 22nd - Feb 28th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | 50min | 45min | 60min | R/XT | 50min | 50min |

Week 20 – Mar 1st -Mar 6th - RACEDAY!!!

| | MON | TUES | WED | THUR | FRI | SAT |
|----------|------|-------|-------|-------|------|-----------------|
| Distance | | | | | | HALF |
| Duration | R/XT | 20min | 30min | 30min | Rest | MARATHON |

R/XT

Rest day or Cross Training – this can include any one of a number of low-impact sports, i.e. cycling/swimming/ hiking/exercise machines/weight training - that burns calories and provides cardiovascular benefits while giving you a physical and mental break from walking.

For further information or advice contact

Neale Parkinson
Phone 755 1211 (after hours)
Or
Eric Kemsley
Phone 753 4674

2010



HALF MARATHON Walkers Training Guide

GUIDELINES

- ✓ Consult your GP, if you have any doubts, stating your intentions before commencing this programme.
- ✓ Vary your walking surface. Include some hills in your programme to build endurance and increase leg power! There are plenty of parks and tracks in New Plymouth!
- ✓ On long runs drink water before you run, and sip water during the walk.
- ✓ Eat a well balanced sensible diet. Increase the carbohydrate content with rice, pasta, bread and potatoes.
- ✓ Wear the right shoes for you – consult a shoe specialist. By the time of the marathon you need a pair of comfortable shoes that are not worn out.
- ✓ Wear a kit that is comfortable. Don't wear it from new – wear it/wash it before you run in it. If your nipples rub use plasters or Vaseline.
- ✓ This training schedule is a guide only. You may vary the days of the week but generally give yourself two days rest per week.
- ✓ Use the 'talk test' for all walks – if you cannot carry on a conversation while walking, you are moving too fast!!
- ✓ If you pick up an injury then stop. RICE! Rest, Ice, Compression and Elevation. Don't start back too early with your training.
- ✓ If you wish to 'spice up' shorter walk include a tempo workout: 10-20-10. Easy 10 minute warm up, 20 minutes at half marathon pace, easy 10 minute cool down.
- ✓ Join one of the groups available – it's easy to walk with others!

Week 1 – Oct 19th - Oct 25th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|------|-------|------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | R/XT | 45min | R/XT | R/XT | 60min | 45min |

Week 2 – Oct 26th – Nov 1st

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|------|-------|------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | R/XT | 45min | R/XT | R/XT | 60min | 45min |

Week 3 – Nov 2nd - Nov 8th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|------|-------|-------|------|-------|-----------|
| Distance | | | | | | | 5km |
| Duration | R/XT | R/XT | 45min | 45min | R/XT | 60min | Stratford |

Week 4 – Nov 9th - Nov 15th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|------|-------|-------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | R/XT | 45min | 45min | R/XT | 60min | 45min |

Week 5 – Nov 16th - Nov 22nd

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|------|-------|-------|------|-------|-----------|
| Distance | | | | | | | 6.4km |
| Duration | R/XT | R/XT | 45min | 45min | R/XT | 60min | Tikorangi |

Week 6 – Nov 23rd - Nov 29th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | 20min | 60min | 45min | R/XT | 60min | 50min |

Week 7 – Nov 30th - Dec 6th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance | | | | | | | 5km |
| Duration | R/XT | 20min | 60min | 45min | R/XT | 60min | Okato |

Week 8 – Dec 7th - Dec 13th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | 30min | 60min | 45min | R/XT | 75min | 50min |

Week 9 – Dec 14th - Dec 20th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | 30min | 60min | 50min | R/XT | 60min | 50min |

Week 10 – Dec 21st - Dec 27th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|--------|------------|
| Distance | | | | | | | 10km |
| Duration | R/XT | 40min | 60min | 50min | R/XT | 105min | Bell Block |

Week 11 – Dec 28th – Jan 3rd

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance | | | | | | | |
| Duration | R/XT | 40min | 60min | 60min | R/XT | 75min | 60min |

Week 12 – Jan 4th - Jan 10th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|--------|-------|
| Distance | | | | | | | |
| Duration | R/XT | 50min | 60min | 60min | R/XT | 135min | 60min |

Week 13 – Jan 11th - Jan 17th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|--------|-----------|
| Distance | | | | | | | 5km |
| Duration | R/XT | 50min | 75min | 60min | R/XT | 105min | Inglewood |

Week 14 – Jan 18th - Jan 24th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|--------|-------|
| Distance | | | | | | | |
| Duration | R/XT | 60min | 75min | 60min | R/XT | 165min | 60min |

Week 15 – Jan 25th - Jan 31st

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|--------|---------|
| Distance | | | | | | | |
| Duration | R/XT | 60min | 75min | 60min | R/XT | 120min | 60 mins |

Week 16- Feb 1st - Feb 7th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|--------|---------|
| Distance | | | | | | | 5km |
| Duration | R/XT | 60min | 75min | 60min | R/XT | 180min | Fitzroy |

Week 17 – Feb 8th - Feb 14th

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|------|-------|-------|-------|------|--------|---------|
| Distance | | | | | | | |
| Duration | R/XT | 60min | 75min | 60min | R/XT | 150min | 60 mins |