

Week 18 – Feb 15th – Feb 21st

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							5kms
Duration	R/XT	75min	115min	75min	R/XT	100min	Opunake

Week 19 – Feb 22nd – Feb 28th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	60min	90min	60min	R/XT	115min	45min

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

	MON	TUES	WED	THUR	FRI	SAT
Distance						
Duration	R/XT	45min	60min	Rest	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

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or

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2010



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	45min	R/XT	45min	R/XT	60min	60min

Week 2 – Oct 26th - Nov 1st

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

Week 3 – Nov 2nd – Nov 8th

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

Week 4 – Nov 9th - Nov 15th

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

Week 5 – Nov 16th - Nov 22nd

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							6.4km
Duration	R/XT	45min	45min	45min	R/XT	90min	Tikorangi

Week 6 – Nov 23rd - Nov 29th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	45min	60min	45min	R/XT	100min	60min

Week 7 – Nov 30th - Dec 6th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							10km
Duration	R/XT	45min	60min	45min	R/XT	130min	Okato

Week 8 – Dec 7th - Dec 13th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	45min	75min	45min	R/XT	145min	60min

Week 9 – Dec 14th - Dec 20th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	45min	75min	45min	R/XT	100min	60min

Week 10 – Dec 21st - Dec 27th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							10km
Duration	R/XT	45min	90min	45min	R/XT	175min	Bell Block

Week 11 – Dec 28th – Jan 3rd

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	45min	90min	60min	R/XT	185min	60min

Week 12 – Jan 4th - Jan 10th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	60min	100min	60min	R/XT	145min	60min

Week 13 – Jan 11th - Jan 17th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							10km
Duration	R/XT	60min	115min	60min	R/XT	215min	Inglewood

Week 14 – Jan 18th - Jan 24th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	60min	115min	75min	R/XT	245min	75min

Week 15 – Jan 25th – Jan 31st

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	75min	130min	75min	R/XT	260min	75 mins

Week 16- Feb 1st – Feb 7th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							10kms
Duration	R/XT	75min	145min	75min	R/XT	200min	Fitzroy

Week 17 – Feb 8th - Feb 14th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	75min	130min	75min	R/XT	290min	75 mins