

Week 18 – Feb 15th – Feb 21st

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							5km
Duration	R/XT	40min	30min	40min	R/XT	90min	Opunake

Week 19 – Feb 22nd – Feb 28th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	40min	30min	30min	R/XT	80min	30min

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

	MON	TUES	WED	THUR	FRI	SAT
Distance						HALF
Duration	R/XT	50min	R/XT	40min	R/XT	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 running.

For further information or advice contact

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or

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2010



HALF MARATHON Runners Training Guide

GUIDELINES

- ✓ Consult your GP, if you have any doubts, stating your intentions before commencing this programme.
- ✓ Start off slowly and cautiously. You may be intending to walk or jog your way around the marathon so be prepared to walk or jog during training. Vary your running surface.
- ✓ On long runs drink water before you run, and sip water during the run.
- ✓ Eat a well balanced sensible diet. Increase the carbohydrate content with rice, pasta, bread and potatoes.
- ✓ Wear the right shoes for you. Go to a runners shop and seek advice. 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.
- ✓ If you pick up an injury then stop. RICE! Rest, Ice, Compression and Elevation. Don't start back too early with your training.

Week 1 – Oct 19th - Oct 25th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	20min	R/XT	20min	R/XT	30min	20min

Week 2 – Oct 26th - Nov 1st

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	20min	R/XT	20min	R/XT	30min	20min

Week 3 – Nov 2nd - Nov 8th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							5km
Duration	R/XT	30min	R/XT	20min	R/XT	40min	Stratford

Week 4 – Nov 9th - Nov 15th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	30min	R/XT	20min	R/XT	40min	20min

Week 5 – Nov 16th - Nov 22nd

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							6.4km
Duration	R/XT	30min	R/XT	20min	R/XT	40min	Tikorangi

Week 6 – Nov 23rd - Nov 29th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	30min	20min	30min	R/XT	50min	20min

Week 7 – Nov 30th - Dec 6th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							5km
Duration	R/XT	30min	20min	30min	R/XT	50min	Okato

Week 8 – Dec 7th - Dec 13th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	30min	20min	30min	R/XT	50min	20min

Week 9 – Dec 14th - Dec 20th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	30min	20min	30min	R/XT	60min	20min

Week 10 – Dec 21st - Dec 27th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							5km
Duration	R/XT	30min	20min	30min	R/XT	60min	Bell Block

Week 11 – Dec 28th - Jan 3rd

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	30min	20min	40min	R/XT	60min	30min

Week 12 – Jan 4th - Jan 10th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	30min	20min	40min	R/XT	80min	30min

Week 13 – Jan 11th - Jan 17th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							5km
Duration	R/XT	30min	20min	40min	R/XT	80min	Inglewood

Week 14 – Jan 18th - Jan 24th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	40min	30min	40min	R/XT	90min	30min

Week 15 – Jan 25th - Jan 31st

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	40min	30min	40min	R/XT	90min	30 mins

Week 16- Feb 1st - Feb 7th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							5km
Duration	R/XT	40min	30min	40min	R/XT	100min	Fitzroy

Week 17 – Feb 8th - Feb 14th

	MON	TUES	WED	THUR	FRI	SAT	SUN
Distance							
Duration	R/XT	40min	30 min	40min	R/XT	120min	30 mins