

*Week 18 – Feb 15<sup>th</sup> – Feb 21<sup>st</sup>*

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN     |
|----------|------|-------|-------|-------|------|--------|---------|
| Distance |      |       |       |       |      |        | 5kms    |
| Duration | R/XT | 60min | 70min | 60min | R/XT | 150min | Opunake |

*Week 19 – Feb 22<sup>nd</sup> – Feb 28<sup>th</sup>*

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT   | SUN   |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance |      |       |       |       |      |       |       |
| Duration | R/XT | 60min | 45min | 60min | R/XT | 90min | 30min |

*Week 20 – Mar 1<sup>st</sup> -Mar 6<sup>th</sup> RACEDAY!!!*

|          | MON  | TUES  | WED  | THUR  | FRI  | SAT             |
|----------|------|-------|------|-------|------|-----------------|
| Distance |      |       |      |       |      |                 |
| Duration | R/XT | 50min | R/XT | 40min | R/XT | <b>MARATHON</b> |

**R/XT**

**Restday 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*

*Neale Parkinson  
Phone 759 5280*

*Or*

*Max Dravitzki  
Phone 753 4745*

# 2010



## 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 19<sup>th</sup> - Oct 25<sup>th</sup>**

|          | MON  | TUES  | WED  | THUR  | FRI  | SAT   | SUN   |
|----------|------|-------|------|-------|------|-------|-------|
| Distance |      |       |      |       |      |       |       |
| Duration | R/XT | 40min | R/XT | 40min | R/XT | 55min | 40min |

**Week 2 – Oct 26<sup>th</sup> – Nov 1<sup>st</sup>**

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

**Week 3 – Nov 2<sup>nd</sup> – Nov 8<sup>th</sup>**

|          | MON  | TUES  | WED  | THUR  | FRI  | SAT   | SUN       |
|----------|------|-------|------|-------|------|-------|-----------|
| Distance |      |       |      |       |      |       | 5km       |
| Duration | R/XT | 45min | R/XT | 45min | R/XT | 70min | Stratford |

**Week 4 – Nov 9<sup>th</sup> – Nov 15<sup>th</sup>**

|          | MON  | TUES  | WED  | THUR  | FRI  | SAT   | SUN   |
|----------|------|-------|------|-------|------|-------|-------|
| Distance |      |       |      |       |      |       |       |
| Duration | R/XT | 45min | R/XT | 45min | R/XT | 70min | 45min |

**Week 5 – Nov 16<sup>th</sup> - Nov 22<sup>nd</sup>**

|          | MON  | TUES  | WED  | THUR  | FRI  | SAT   | SUN       |
|----------|------|-------|------|-------|------|-------|-----------|
| Distance |      |       |      |       |      |       | 6.4km     |
| Duration | R/XT | 50min | R/XT | 50min | R/XT | 80min | Tikorangi |

**Week 6 – Nov 23<sup>rd</sup> - Nov 29<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT   | SUN   |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance |      |       |       |       |      |       |       |
| Duration | R/XT | 40min | 60min | 40min | R/XT | 90min | 45min |

**Week 7 – Nov 30<sup>th</sup> – Dec 6<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT   | SUN   |
|----------|------|-------|-------|-------|------|-------|-------|
| Distance |      |       |       |       |      |       | 16km  |
| Duration | R/XT | 40min | 60min | 40min | R/XT | 60min | Okato |

**Week 8 – Dec 7<sup>th</sup> – Dec 13<sup>th</sup>**

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

**Week 9 – Dec 14<sup>th</sup> - Dec 20<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN   |
|----------|------|-------|-------|-------|------|--------|-------|
| Distance |      |       |       |       |      |        |       |
| Duration | R/XT | 45min | 60min | 45min | R/XT | 110min | 60min |

**Week 10 – Dec 21<sup>st</sup> – Dec 27<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT   | SUN        |
|----------|------|-------|-------|-------|------|-------|------------|
| Distance |      |       |       |       |      |       | 10km       |
| Duration | R/XT | 45min | 60min | 45min | R/XT | 90min | Bell Block |

**Week 11 – Dec 28<sup>th</sup> – Jan 3<sup>rd</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN   |
|----------|------|-------|-------|-------|------|--------|-------|
| Distance |      |       |       |       |      |        |       |
| Duration | R/XT | 45min | 60min | 60min | R/XT | 125min | 60min |

**Week 12 – Jan 4<sup>th</sup> – Jan 10<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN   |
|----------|------|-------|-------|-------|------|--------|-------|
| Distance |      |       |       |       |      |        |       |
| Duration | R/XT | 45min | 70min | 60min | R/XT | 140min | 60min |

**Week 13 – Jan 11<sup>th</sup> - Jan 17<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN       |
|----------|------|-------|-------|-------|------|--------|-----------|
| Distance |      |       |       |       |      |        | 10km      |
| Duration | R/XT | 45min | 70min | 60min | R/XT | 120min | Inglewood |

**Week 14 – Jan 18<sup>th</sup> - Jan 24<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN   |
|----------|------|-------|-------|-------|------|--------|-------|
| Distance |      |       |       |       |      |        |       |
| Duration | R/XT | 50min | 80min | 50min | R/XT | 160min | 45min |

**Week 15 – Jan 25<sup>th</sup> – Jan 31<sup>st</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN     |
|----------|------|-------|-------|-------|------|--------|---------|
| Distance |      |       |       |       |      |        |         |
| Duration | R/XT | 60min | 80min | 50min | R/XT | 140min | 60 mins |

**Week 16- Feb 1<sup>st</sup> – Feb 7<sup>th</sup>**

|          | MON  | TUES  | WED   | THUR  | FRI  | SAT    | SUN     |
|----------|------|-------|-------|-------|------|--------|---------|
| Distance |      |       |       |       |      |        | 10kms   |
| Duration | R/XT | 60min | 75min | 60min | R/XT | 160min | Fitzroy |

**Week 17 – Feb 8<sup>th</sup> - Feb 14<sup>th</sup>**

|          | MON  | TUES  | WED    | THUR  | FRI  | SAT    | SUN     |
|----------|------|-------|--------|-------|------|--------|---------|
| Distance |      |       |        |       |      |        |         |
| Duration | R/XT | 60min | 80 min | 60min | R/XT | 180min | 45 mins |