

5KM FUN RUN & WALK BEGINNERS TRAINING PROGRAMME

Week 1 (8 July)

Monday	15 minute run or walk
Tuesday	15 minute run or walk
Wednesday	Rest
Thursday	15 minute run or walk
Friday	Rest
Saturday	15 minute run or walk
Sunday	30 minute brisk walk

Week 2 (15 July)

Monday	20 minute run or walk
Tuesday	20 minute run or walk
Wednesday	Rest
Thursday	20 minute run or walk
Friday	Rest
Saturday	20 minute run or walk
Sunday	35 minute brisk walk

Week 3 (22 July)

Monday	25 minute run or walk
Tuesday	25 minute run or walk
Wednesday	Rest
Thursday	25 minute run or walk
Friday	Rest
Saturday	25 minute run or walk
Sunday	40 minute brisk walk

Week 4 (29 July)

Monday	30 minute run or walk
Tuesday	30 minute run or walk
Wednesday	Rest
Thursday	30 minute run or walk
Friday	Rest
Saturday	30 minute run or walk
Sunday	45 minute brisk walk

Week 5 (5 August)

Monday	35 minute run or walk
Tuesday	35 minute run or walk
Wednesday	Rest
Thursday	35 minute run or walk
Friday	Rest
Saturday	35 minute run or walk
Sunday	50 minute brisk walk

Week 6 (12 August)

Monday	35 minute run or walk
Tuesday	35 minute run or walk
Wednesday	Rest
Thursday	40 minute run or walk
Friday	Rest
Saturday	30 minute run or walk
Sunday	60 minute brisk walk

Week 7 (19 August)

Monday	20 minute run or walk
Tuesday	40 minute run or walk
Wednesday	Rest
Thursday	40 minute run or walk
Friday	Rest
Saturday	20 minute run or walk
Sunday	50 minute brisk walk

Week 8 (26 August)

Monday	15 minute run or walk
Tuesday	15 minute run or walk
Wednesday	Rest
Thursday	15 minute run or walk
Friday	Rest
Saturday	Rest
Sunday	

DUNEDIN MARATHON
5KM RUN or WALK
1 SEPTEMBER 2019



DUNEDIN MARATHON

Sunday 1 September 2019

5 km & 10km RUN & WALK TRAINING SCHEDULE 2019

Kindly provided to you by the

Caversham Harrier Club Coach

Dave Stinson contact cell 027 3661224

Or e-mail davestin@slingshot.co.nz

for any questions on training



Notes for 5km Fun Run & Walk

- * The 8 week Training Programme assumes you have no major health issues and have done a little running and walking.
- * Rest days are as vital as training days as rest allows the muscles to strengthen and recover.
- * Don't worry how fast you're running just run/walk the nominated time.
- * It is perfectly acceptable if you're unable to run for the full time to intersperse with a walk/run

10KM RUN BEGINNERS TRAINING PROGRAMME

Week 1 (22 July)

Monday Rest
Tuesday 10 minute run
Wednesday Cross train or gym session
Thursday 10 minute run
Friday Rest
Saturday 15 minute run
Sunday 25 minute run

Week 2 (29 July)

Monday Rest
Tuesday 15 minute run
Wednesday Cross train or gym session
Thursday 15 minute run
Friday Rest
Saturday 20 minute steady run
Sunday 30 minute run

Week 3 (5 August)

Monday Rest
Tuesday 20 minute run
Wednesday Cross train or gym session
Thursday 20 minute run
Friday Rest
Saturday 25 minute run
Sunday 30 minute steady run

Week 4 (12 August)

Monday Rest
Tuesday 20 minute run
Wednesday Cross train or gym session
Thursday 25 minute run
Friday Rest
Saturday 30 minute run
Sunday 36 minute run

Week 5 (19 August)

Monday Rest
Tuesday 35 minute run
Wednesday Cross train or gym session
Thursday 25 minute run
Friday Rest
Saturday 30 minute run
Sunday 45 minute run

Week 6 (26 August)

Monday Rest
Tuesday 20 minute run
Wednesday Cross train or gym session
Thursday Rest*
Friday Rest*
Saturday Rest*
Sunday

**DUNEDIN MARATHON
10KM RUN
1 SEPTEMBER 2019**

* Rest on these days until the 10km event

Cross train—bike, swim, walk or gym work

ADVICE FOR 10KM WALK EVENT

- Walk for at least 1 hour 3 times a week, 4 would be preferable.
- Wear good shoes that fit comfortably.
- Walk briskly while out not just strolling along.
- Stay well hydrated and eat plenty of carbohydrates.
- Take a rest from training for two days prior to the event.

CAVERSHAM HARRIER CLUB

Middleton Road
Corstorphine, Dunedin
More information can be found on the
Caversham Harriers website:

Website:
www.cavershamharriers.co.nz

OR
E-mail:
info@cavershamharriers.co.nz

GROUP RUNS
Group Runs or Walks are available on
Monday and Wednesday nights
leaving at 5.45 p.m. from outside
Henry's Liquor in Hanover St, Dunedin



Any further information you require on the
**DUNEDIN MARATHON 10km OR 5km
Run and Walk** can be directed to the
DUNEDIN MARATHON

Website:
www.dunedinmarathon.co.nz
info@dunedinmarathon.co.nz