

## EXPLANATORY NOTES ON THE TRAINING SCHEDULE

This programme is for those who have done some running and at the start of the programme are capable of running up to an hour without too much bother. For those who are more or less complete novices you will have to modify this programme somewhat and place more emphasis on steady running and time on your feet. Every fourth week has been made an easier one to allow the body to recover and consolidate somewhat following the three previous hard weeks.

### TERMS

- Mixed Running By this I mean varying the pace of your run and puffing in hard bursts of up to 1km every now and then. These changes of pace can be for as short a distance of 200m or as long as 1km.
- Steady Running This is keeping a constant pace throughout the run and trying not to slow down towards the end of the run. This run should be done at your best "aerobic speed" in other words a pace you can maintain throughout the run.
- Easy Running This is where you are not thinking of speed at all and it is either a recovery run from previous hard efforts or you are running for a long time.
- G/S/B Gym/Swim/Bike as an alternative if tired after the weekend.
- GR If resident in Dunedin there is a Group Run available from outside Henry's Liquor in Hanover St, Dunedin each Monday and Wednesday at 5.45pm a chance to meet and train with other Marathon runners.
- It's a good idea to do some 5km and 10km harder efforts at times e.g. Park Run as this helps with oxygen uptake.
- For those more experienced a run of up to 40km on a Sunday occasionally will be of benefit.



## CAVERSHAM HARRIER CLUB

Middleton Road

Corstorphine, Dunedin

for more information please refer to:

Website: [www.cavershamharriers.co.nz](http://www.cavershamharriers.co.nz)

OR

E-mail: [info@cavershamharriers.co.nz](mailto:info@cavershamharriers.co.nz)



## DUNEDIN MARATHON

Sunday 1 September 2019



Any further information you require on the **DUNEDIN MARATHON** event including the Half Marathon and Walk can be directed to the **DUNEDIN MARATHON**

Website:

[www.dunedinmarathon.co.nz](http://www.dunedinmarathon.co.nz)

E-mail:

[info@dunedinmarathon.co.nz](mailto:info@dunedinmarathon.co.nz)

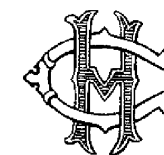


## DUNEDIN MARATHON

Sunday 1 September 2019

### 15 WEEK MARATHON TRAINING SCHEDULE 2019

Kindly provided to  
you by the  
**Caversham Harrier Club**  
Coach  
**Dave Stinson**



If you have any questions regarding this Schedule

Phone: Dave Stinson

027 3661224 or

E-Mail

[davestin@slingshot.co.nz](mailto:davestin@slingshot.co.nz)

**Week 1 (20 May)**

Monday 60 minutes steady  
 Tuesday 40 minutes easy running or GR  
 Wednesday Run for 1 hour as you feel  
 Thursday 40 minutes varied pace running  
 Friday Rest or 30 minutes easy  
 Saturday Run for 1 hour at a steady pace  
 Sunday Run for 90 minutes at an easy pace

**Week 2 (27 May)**

Monday 20 - 30 minutes easy or G/S/B  
 Tuesday 45 minutes mixed running  
 Wednesday Run for an hour as you feel  
 Thursday 45 minutes solid effort  
 Friday Rest or easy jog  
 Saturday Park Run or 5km good effort  
 Sunday Run for 90 minutes at an easy pace

**Week 3 (3 June)**

Monday 30 minutes easy or G/S/B  
 Tuesday 45 minutes mixed running or GR  
 Wednesday Run 1 hour as you feel  
 Thursday 45 minutes solid effort  
 Friday Rest or easy jog  
 Saturday Run for 1 hour putting in some faster efforts of 2 or 3 minutes duration  
 Sunday Run for 90 minutes easy

**Week 4 (10 June)**

Monday 30 minutes easy or G/S/B  
 Tuesday 30 minutes easy or GR  
 Wednesday 45 minutes easy  
 Thursday 20 - 30 minutes easy  
 Friday Rest  
 Saturday Park Run or 5km good effort  
 Sunday 60 minutes easy

**Week 5 (17 June)**

Monday 40 minutes steady or G/S/B  
 Tuesday 45 mins mixed speed running or GR  
 Wednesday Run for 1 hour as you feel  
 Thursday 40 minutes easy  
 Friday Rest or easy jog  
 Saturday Park Run or 10km time trial or race  
 Sunday Run 24km easy pace

**Week 6 (24 June)**

Monday Run 40 minutes as you feel or G/S/B  
 Tuesday 45 mins mixed speed running or GR  
 Wednesday Run 70 minutes as you feel  
 Thursday 45 minutes steady running  
 Friday Rest or easy jog  
 Saturday Run 60 minutes solid effort  
 Sunday Run 24km

**Week 7 (1 July)**

Monday 40 minutes as you feel or G/S/B  
 Tuesday 45 mins mixed speed running or GR  
 Wednesday 70 minutes as you feel  
 Thursday 45 minutes solid effort  
 Friday Rest or easy jog  
 Saturday Run 60 minutes last 10 minutes hard effort  
 Sunday Run 24km

**Week 8 (8 July)**

Monday Run 30 minutes easy or G/S/B  
 Tuesday Run 20 - 30 minutes easy or GR easy  
 Wednesday Run 60 minutes easy  
 Thursday 30 - 45 minutes easy  
 Friday Rest  
 Saturday 30 minutes easy  
 Sunday Run 30km easy

**Week 9 (15 July)**

Monday 30 minutes easy or G/S/B  
 Tuesday 60 mins mixed speed running or GR  
 Wednesday Run 90 minutes as you feel  
 Thursday Run 50 minutes strong pace  
 Friday Rest or easy job  
 Saturday Park Run or 10km time trial or race  
 Sunday Run 30km

**Week 10 (22 July)**

Monday Run 50 minutes easy or G/S/B  
 Tuesday 60 mins mixed speed running or GR  
 Wednesday Run for 80 minutes as you feel  
 Thursday 50 minutes solid pace  
 Friday Rest or easy jog  
 Saturday 50 minutes mixed running  
 Sunday Run 30km last half faster than first

**Week 11 (29 July)**

Monday 50 minutes easy or G/S/B  
 Tuesday 60 mins mixed speed running or GR  
 Wednesday Run for 80 minutes  
 Thursday 50 minutes mixed running  
 Friday Rest or easy jog  
 Saturday Run hard for 1 hour  
 Sunday Run 30km last half faster than first

**Week 12 (5 August)**

Monday 30 minutes easy or G/S/B  
 Tuesday 20 - 30 minutes easy or GR easy  
 Wednesday 40 minutes easy  
 Thursday 20 - 30 minutes easy  
 Friday Rest  
 Saturday Run for 1 hour easy  
 Sunday Run 32km steady pace

**Week 13 (12 August)**

Monday 40 minutes as you feel or G/S/B  
 Tuesday 50 mins mixed speed running or GR  
 Wednesday 90 minutes as you feel  
 Thursday 50 minutes steady running  
 Friday Rest or easy jog  
 Saturday Park Run or 5km time trial or race  
 Sunday 2 - 2 1/2 hours as you feel

**Week 14 (19 August)**

Monday Rest or G/S/B  
 Tuesday Run for 30 mins hard effort or GR  
 Wednesday Run for 90 minutes as you feel  
 Thursday Run for 50 minutes mixed running  
 Friday Rest or easy jog  
 Saturday Park Run or 10km time trial or race  
 Sunday Run 20km as you feel

**Week 15 (26 August)**

Monday 45 minutes easy or G/S/B  
 Tuesday Run 30 minutes easy or GR easy  
 Wednesday Run for 1 hour easy  
 Thursday Run for 30 minutes mixed running  
 Friday Rest  
 Saturday 20 mins easy or rest (NO Park Run)

**DUNEDIN MARATHON  
 1 SEPTEMBER 2019**