



7 NOVEMBER 2021

CHANGE OF DATE

TRAINING ADVICE FROM CAVERSHAM HARRIER CLUB COACH DAVE STINSON FOR THOSE THAT HAVE BEEN USING THE TRAINING GUIDES

Hi Everyone.

Because the marathon has a change of date the schedules have been amended, however if you have been following them here is some advice:

There is starting from Monday 30 August - 10 weeks until the day of the race.

I suggest the best approach particularly as we are currently in lockdown restrictions would be as follows:

- For the next four weeks try to do as much steady running as you can manage. Because the events you will be competing in are primarily aerobic this steady running should only help for when you resume the schedule you were working on.
- Remember if you have completed a really long run, the next day should be easier or even a rest from running.
- If you like a little variety in your training week then one day a week you could do 8-to-10 100-meter stride outs with a walk back recovery.
- Following this mini build-up of aerobic running go back to whichever schedule you were working from and complete the final six weeks.
- Please feel free to contact me directly if wanting further advice or help.

**Dave Stinson contact cell 027 3661224 or email davest@slingshot.co.nz
for any questions on training**