

5KM FUN RUN & WALK

BEGINNERS TRAINING PROGRAMME

Week 1 18 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 25 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 1 August

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 8 August

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 15 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 22 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 29 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 5 September

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

**EMERSON'S DUNEDIN
MARATHON
11 SEPTEMBER 2022**



11 September 2022

**5 km & 10km
RUN & WALK**

TRAINING SCHEDULE 2022

*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

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	1 August
<i>Monday</i>	Rest
<i>Tuesday</i>	10 minute run
<i>Wednesday</i>	Cross train or gym session
<i>Thursday</i>	10 minute run
<i>Friday</i>	Rest
<i>Saturday</i>	15 minute run
<i>Sunday</i>	25 minute run
Week 2	8 August
<i>Monday</i>	Rest
<i>Tuesday</i>	15minute run
<i>Wednesday</i>	Cross train or gym session
<i>Thursday</i>	15 minute run
<i>Friday</i>	Rest
<i>Saturday</i>	20 minute steady run
<i>Sunday</i>	30 minute run
Week 3	15 August
<i>Monday</i>	Rest
<i>Tuesday</i>	20 minute run
<i>Wednesday</i>	Cross train or gym session
<i>Thursday</i>	20 minute run
<i>Friday</i>	Rest
<i>Saturday</i>	25 minute run
<i>Sunday</i>	30 minute steady run
Week 4	22 August
<i>Monday</i>	Rest
<i>Tuesday</i>	20 minute run
<i>Wednesday</i>	Cross train or gym session
<i>Thursday</i>	25 minute run
<i>Friday</i>	Rest
<i>Saturday</i>	30 minute run
<i>Sunday</i>	36 minute run

Week 5	29 August
<i>Monday</i>	Rest
<i>Tuesday</i>	35 minute run
<i>Wednesday</i>	Cross train or gym session
<i>Thursday</i>	25 minute run
<i>Friday</i>	Rest
<i>Saturday</i>	30 minute run
<i>Sunday</i>	45 minute run
Week 6	5 September
<i>Monday</i>	Rest
<i>Tuesday</i>	20 minute run
<i>Wednesday</i>	Cross train or gym session
<i>Thursday</i>	Rest*
<i>Friday</i>	Rest*
<i>Saturday</i>	Rest*
<i>Sunday</i>	EMERSON'S DUNEDIN MARATHON 11 SEPTEMBER 2022

* 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.



Middleton Road
Corstorphine, Dunedin
for more information please refer to:
Website: <https://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**
event including the Half Marathon, 10 km and
5km walks and runs can be directed to the
EMERSON'S DUNEDIN MARATHON
Website:
<https://dunedinmarathon.co.nz>
E-mail:
info@dunedinmarathon.co.nz