## 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 1 km every now and then. These changes of pace can be for as short a distance of 200 m or as long as 1 km .
- Steady Running: This is keeping a constant pace throughout the run and trying not to slow down to-wards 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 5.45 pm a chance to meet and train with other Marathon runners.
- It's a good idea to do some 5 km and 10 km harder efforts at times e.g. Park Run as this helps with oxygen uptake.
- For those more experienced a run of up to 40 km on a Sunday occasionally will be of benefit.


Middleton Road
Corstorphine, Dunedin
for more information please refer to:
Website: https://cavershamharriers.co.nz/
OR
E-mail: info@cavershamharriers.co.nz


Any further information you require on the EMERSON'S DUNEDIN MARATHON event including the Half Marathon, 10 km and 5 km walks and runs can be directed to the DUNEDIN MARATHON
Website:
https://dunedinmarathon.co.nz
E-mail:
info@dunedinmarathon.co.nz


10 September 2023
15 WEEK MARATHON TRAINING SCHEDULE 2023

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

If you have any questions regarding this Schedule

Phone: Dave Stinson
0273661224 or
E-Mail

Week 1
Monday Tuesday Wednesday
Thursday
Friday
Saturday
Sunday
Week 2
Monday
Tuesday Wednesday
Thursday
Friday
Saturday
Sunday
Week 3
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Week 4
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Week 5
Monday
Tuesday Wednesday
Thursday
Friday
Saturday
Sunday

28 May
60 minutes steady
40 minutes easy running or GR
Run for 1 hour as you feel
40 minutes varied pace running
Rest or 30 minutes easy
Run for 1 hour at a steady pace
Run for 90 minutes at an easy pace

## 4 June

20-30 minutes easy or $G / S / B$
45 minutes mixed running Run for an hour as you feel 45 minutes solid effort Rest or easy jog
Park Run or 5 km good effort
Run for 90 minutes at an easy pace

## 11 June

30 minutes easy or $G / \mathrm{S} / \mathrm{B}$
45 minutes mixed running or GR
Run 1 hour as you feel 45 minutes solid effort Rest or easy jog
Run for 1 hour putting in some faster efforts of 2 or 3 minutes duration Run for 90 minutes easy

## 18 June

30 minutes easy or $G / S / B$
30 minutes easy or GR
45 minutes easy
20-30 minutes easy
Rest
Park Run or 5 km good effort 60 minutes easy

## 25 June

40 minutes steady or $G / \mathrm{S} / \mathrm{B}$
45 mins mixed speed running or GR
Run for 1 hour as you feel
40 minutes easy
Rest or easy jog
Park Run or 10km time trial or race Run 24 km easy pace

| Week 6 | 2 July |
| :---: | :---: |
| 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 | 9 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 | 16 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 | 23 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 10 km time trial or race |
| Sunday | Run 30km |
| Week 10 | 30 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 116 August
Monday $\quad 50$ minutes easy or $\mathrm{G} / \mathrm{S} / \mathrm{B}$
Tuesday $\quad 60$ 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 30 km last half faster than first
Week 1213 August
Monday $\quad 30$ minutes easy or G/S/B
Tuesday $\quad 20-30$ minutes easy or GR easy
Wednesday 40 minutes easy
Thursday 20-30 minutes easy
Friday Rest
Saturday Run for 1 hour easy
Sunday Run 32 km steady pace
Week 1320 August
Monday $\quad 40$ minutes as you feel or G/S/B
Tuesday $\quad 50$ mins mixed speed running or GR
Wednesday 90 minutes as you feel
Thursday 50 minutes steady running
Friday Rest or easy jog
Saturday $\quad$ Park Run or 5 km time trial or race
Sunday $\quad 2-21 / 2$ hours as you feel
Week 1427 August
Monday Rest or G/S/B
Tuesday $\quad$ 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 10 km time trial or race
Sunday Run 20km as you feel

## Week 153 September

Monday $\quad 45$ minutes easy or $\mathrm{G} / \mathrm{S} / \mathrm{B}$
Tuesday Run 30 minutes easy or GR easy
Wednesday Run for 1 hour easy
Thursday Run for 30 minutes mixed running
Friday
Saturday 20 mins easy or rest (NO Park Run)
Sunday EMERSON'S DUNEDIN MARATHON
10 SEPTEMBER 2023

