

5KM FUN RUN & WALK

BEGINNERS TRAINING PROGRAMME

Week 1	22 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	29 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	5 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	12 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	19 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	26 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	2 September
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	9 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 10 SEPTEMBER 2023



15 September 2024

**5 km & 10km
RUN & WALK
TRAINING SCHEDULE 2024**

*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	5 August
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	12 August
Monday	Rest
Tuesday	15minute run
Wednesday	Cross train or gym session
Thursday	15 minute run
Friday	Rest
Saturday	20 minute steady run
Sunday	30 minute run
Week 3	19 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	26 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	2 September
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	9 September
Monday	Rest
Tuesday	20 minute run
Wednesday	Cross train or gym session
Thursday	Rest*
Friday	Rest*
Saturday	Rest*
Sunday	EMERSON'S DUNEDIN MARATHON 15 SEPTEMBER 2024

* 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