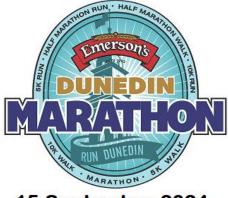
5KM FUN RUN & WALK BEGINNERS TRAINING PROGRAMME

Week 1 Mondav Tuesday Wednesdav Thursday Friday Saturday Sunday Week 2 Monday Tuesdav Wednesdav Thursday Friday Saturday Sundav Week 3 Monday Tuesday Wednesday Thursday Friday Saturday Sundav Week 4 Monday Tuesday Wednesday Thursday Friday Saturday Sunday

22 July 15 minute run or walk 15 minute run or walk Rest 15 minute run or walk Rest 15 minute run or walk 30 minute brisk walk 29 July 20 minute run or walk 20 minute run or walk Rest 20 minute run or walk Rest 20 minute run or walk 35 minute brisk walk **5** August 25 minute run or walk 25 minute run or walk Rest 25 minute run or walk Rest 25 minute run or walk 40 minute brisk walk 12 August 30 minute run or walk 30 minute run or walk Rest 30 minute run or walk Rest 30 minute run or walk

45 minute brisk walk

Week 5 **19 August** Mondav 35 minute run or walk Tuesday 35 minute run or walk Wednesdav Rest Thursday 35 minute run or walk Rest Friday 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 Wednesdav Rest 40 minute run or walk Thursday Friday Rest Saturday 30 minute run or walk 60 minute brisk walk Sundav 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 20 minute run or walk Saturday 50 minute brisk walk Sundav 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 Monday Tuesday Wednesdav Thursday Friday Saturday Sunday Week 2 Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 3 Monday Tuesday Wednesd Thursday Friday Saturday Sunday Week 4 Monday Tuesday Wednesd Thursday Friday Saturday Sunday

5 August Rest 10 minute run Cross train or gym session 10 minute run Rest 15 minute run 25 minute run

12 August

Rest 15minute run Cross train or gym session 15 minute run Rest 20 minute steady run 30 minute run

19 August

	Rest
,	20 minute run
day	Cross train or gym session
у	20 minute run
	Rest
V	25 minute run
	30 minute steady run
	26 August
,	Rest
	20 minute run
day	Cross train or gym session
у	25 minute run
	Rest

- 30 minute run
- 36 minute run

Week 5 2 September Monday Rest Tuesday Wednesday Thursday Friday Rest Saturday Sunday Week 6 Monday Tuesday Wednesday Thursday Friday Saturday Sunday

35 minute run Cross train or gym session 25 minute run 30 minute run 45 minute run **9** September Rest 20 minute run Cross train or gym session Rest* Rest* Rest* **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. ٠
- Walk briskly while out not just strolling • along.
- Stay well hydrated and eat plenty of ٠ 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