15 September 2024

Any further information you require on the **EMERSON'S DUNEDIN MARATHON** event including the Half Marathon, 10 km and 5km walks and runs can be directed to the Website:

https://dunedinmarathon.co.nz

E-mail: **info@dunedinmarathon.co.nz**

12 WEEK MARATHON TRAINING SCHEDULE 2024
For older or more mature runners

INTRODUCTION

This program is designed for the older or more mature runner whether or not they have run a marathon before. Before embarking on the program you should be able to run easily for 45 to 60mins. You should also be in good physical health. The key to the program is the long run. These need to be done consistently if you are to comfortably finish the marathon

NOTES

1. This program is for a person wanting to complete a marathon not for someone who wishes to race one.
2. Cross Training can be a swim, a cycle, or a long walk but not any running.
3. The long runs should be taken at a steady pace not raced. A steady constant pace will give the adaptions you are looking for.
4. Read some articles on nutrition for Marathon runners, particularly the amount of protein and carbohydrate needed to be consumed on a weekly basis.
5. Every 4th week is a lighter week to allow you to absorb and recover from the previous hard training

Website: https://cavershamharriers.co.nz/
OR
E-mail: info@cavershamharriers.co.nz

Kindly provided to you by the Caversham Harrier and Athletic Club

Coach: Dave Stinson

If you have any questions regarding this schedule

Phone: Dave Stinson 027 3661224 or
E-Mail: davestin@slingshot.co.nz

Week 1 | **24 June**
Monday — Rest
Tuesday — Run for 45 mins
Wednesday — Run for 60 mins
Thursday — Run for 45 mins
Friday — Rest
Saturday — Run 75 mins
Sunday — Cross train

Week 2 | **1 July**
Monday — Rest
Tuesday — Run for 45 mins
Wednesday — Run for 60 mins
Thursday — Run for 45 mins
Friday — Rest
Saturday — Run for 75 to 90 mins
Sunday — Cross train

Week 3 | **8 July**
Monday — Rest
Tuesday — Run 45 to 60 mins
Wednesday — Run 60 to 75 mins
Thursday — Run 45 mins
Friday — Rest
Saturday — Run 90 mins
Sunday — Cross train

Week 4 | **15 July**
Monday — Rest
Tuesday — Run for 20 to 30 mins
Wednesday — Run for 30 to 45 mins
Thursday — Run 30 mins
Friday — Rest
Saturday — Run 45 mins
Sunday — Cross train

Week 5 | **22 July**
Monday — Rest
Tuesday — Run 60 to 75 mins
Wednesday — Run 75 to 90 mins
Thursday — Run 60 mins
Friday — Rest
Saturday — Run 90 mins to 120 mins
Sunday — Cross train

Week 6 | **29 July**
Monday — Rest
Tuesday — Run 75 mins
Wednesday — Run 90 mins
Thursday — Run 60 mins
Friday — Rest
Saturday — Run 120 mins
Sunday — Cross train

Week 7 | **5 August**
Monday — Rest
Tuesday — Run 60 mins
Wednesday — Run 90 mins
Thursday — Run 60 mins
Friday — Rest
Saturday — Run 120 mins
Sunday — Cross train

Week 8 | **12 August**
Monday — Rest
Tuesday — Run 30 mins
Wednesday — Run 45 mins
Thursday — Run 30 mins
Friday — Rest
Saturday — Run 60 mins
Sunday — Cross train

Week 9 | **19 August**
Monday — Rest
Tuesday — Run 75 mins
Wednesday — Run 1 hour 40 mins
Thursday — Run 75 mins
Friday — Rest
Saturday — Run for at least 2 hours 20 mins or longer if you can manage
Sunday — Cross train

Week 10 | **26 August**
Monday — Rest
Tuesday — run 80 mins
Wednesday — Run 120 mins
Thursday — Run 45 mins
Friday — Rest
Saturday — Run for 2 hours 30mins or longer if you can manage
Sunday — Cross train

Week 11 | **2 September**
Monday — Rest
Tuesday — Run 80 mins
Wednesday — Run 120 mins
Thursday — Run 60 mins
Friday — Rest
Saturday — Run 60 mins
Sunday — Cross train

Week 12 | **9 September**
Monday — Rest
Tuesday — Run 30 min
Wednesday — Run 20 min
Thursday — Run 20 min
Friday — Rest or light cross training
Saturday — Rest
Sunday — EMERSON'S DUNEDIN MARATHON 15 SEPTEMBER 2024

NB: Feel free to swap your activities for Saturday and Sunday