

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 1km every now and then. These changes of pace can be for as short a distance of 200m or as long as 1km.
- 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 5.45pm a chance to meet and train with other Marathon runners.
- It’s a good idea to do some 5km and 10km harder efforts at times e.g. Park Run as this helps with oxygen uptake.
- For those more experienced a run of up to 40km 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



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 **DUNEDIN MARATHON**
Website: <https://dunedinmarathon.co.nz>
E-mail: info@dunedinmarathon.co.nz



15 September 2024

**15 WEEK
MARATHON
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

Week 1	3 June	Week 6	8 July	Week 11	12 August
Monday	60 minutes steady	Monday	Run 40 minutes as you feel or G/S/B	Monday	50 minutes easy or G/S/B
Tuesday	40 minutes easy running or GR	Tuesday	45 mins mixed speed running or GR	Tuesday	60 mins mixed speed running or GR
Wednesday	Run for 1 hour as you feel	Wednesday	Run 70 minutes as you feel	Wednesday	Run for 80 minutes
Thursday	40 minutes varied pace running	Thursday	45 minutes steady running	Thursday	50 minutes mixed running
Friday	Rest or 30 minutes easy	Friday	Rest or easy jog	Friday	Rest or easy jog
Saturday	Run for 1 hour at a steady pace	Saturday	Run 60 minutes solid effort	Saturday	Run hard for 1 hour
Sunday	Run for 90 minutes at an easy pace	Sunday	Run 24km	Sunday	Run 30km last half faster than first
Week 2	10 June	Week 7	15 July	Week 12	19 August
Monday	20 – 30 minutes easy or G/S/B	Monday	40 minutes as you feel or G/S/B	Monday	30 minutes easy or G/S/B
Tuesday	45 minutes mixed running	Tuesday	45 mins mixed speed running or GR	Tuesday	20 – 30 minutes easy or GR easy
Wednesday	Run for an hour as you feel	Wednesday	70 minutes as you feel	Wednesday	40 minutes easy
Thursday	45 minutes solid effort	Thursday	45 minutes solid effort	Thursday	20 – 30 minutes easy
Friday	Rest or easy jog	Friday	Rest or easy jog	Friday	Rest
Saturday	Park Run or 5km good effort	Saturday	Run 60 minutes last 10 minutes hard effort	Saturday	Run for 1 hour easy
Sunday	Run for 90 minutes at an easy pace	Sunday	Run 24km	Sunday	Run 32km steady pace
Week 3	17 June	Week 8	22 July	Week 13	26 August
Monday	30 minutes easy or G/S/B	Monday	Run 30 minutes easy or G/S/B	Monday	40 minutes as you feel or G/S/B
Tuesday	45 minutes mixed running or GR	Tuesday	Run 20 – 30 minutes easy or GR easy	Tuesday	50 mins mixed speed running or GR
Wednesday	Run 1 hour as you feel	Wednesday	Run 60 minutes easy	Wednesday	90 minutes as you feel
Thursday	45 minutes solid effort	Thursday	30 – 45 minutes easy	Thursday	50 minutes steady running
Friday	Rest or easy jog	Friday	Rest	Friday	Rest or easy jog
Saturday	Run for 1 hour putting in some faster efforts of 2 or 3 minutes duration	Saturday	30 minutes easy	Saturday	Park Run or 5km time trial or race
Sunday	Run for 90 minutes easy	Sunday	Run 30km easy	Sunday	2— 2 1/2 hours as you feel
Week 4	24 June	Week 9	29 July	Week 14	2 September
Monday	30 minutes easy or G/S/B	Monday	30 minutes easy or G/S/B	Monday	Rest or G/S/B
Tuesday	30 minutes easy or GR	Tuesday	60 mins mixed speed running or GR	Tuesday	Run for 30 mins hard effort or GR
Wednesday	45 minutes easy	Wednesday	Run 90 minutes as you feel	Wednesday	Run for 90 minutes as you feel
Thursday	20 – 30 minutes easy	Thursday	Run 50 minutes strong pace	Thursday	Run for 50 minutes mixed running
Friday	Rest	Friday	Rest or easy jog	Friday	Rest or easy jog
Saturday	Park Run or 5km good effort	Saturday	Park Run or 10km time trial or race	Saturday	Park Run or 10km time trial or race
Sunday	60 minutes easy	Sunday	Run 30km	Sunday	Run 20km as you feel
Week 5	1 July	Week 10	5 August	Week 15	9 September
Monday	40 minutes steady or G/S/B	Monday	Run 50 minutes easy or G/S/B	Monday	45 minutes easy or G/S/B
Tuesday	45 mins mixed speed running or GR	Tuesday	60 mins mixed speed running or GR	Tuesday	Run 30 minutes easy or GR easy
Wednesday	Run for 1 hour as you feel	Wednesday	Run for 80 minutes as you feel	Wednesday	Run for 1 hour easy
Thursday	40 minutes easy	Thursday	50 minutes solid pace	Thursday	Run for 30 minutes mixed running
Friday	Rest or easy jog	Friday	Rest or easy jog	Friday	Rest
Saturday	Park Run or 10km time trial or race	Saturday	50 minutes mixed running	Saturday	20 mins easy or rest (NO Park Run)
Sunday	Run 24km easy pace	Sunday	Run 30km last half faster than first	Sunday	EMERSON'S DUNEDIN MARATHON
					15 SEPTEMBER 2024