



13 September 2026

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 2026

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 adaptations 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	22 June	Week 5	20 July	Week 9	17 August
<i>Monday</i>	Rest	<i>Monday</i>	Rest	<i>Monday</i>	Rest
<i>Tuesday</i>	Run for 45 mins	<i>Tuesday</i>	Run 60 to 75 mins	<i>Tuesday</i>	Run 75 mins
<i>Wednesday</i>	Run for 60 mins	<i>Wednesday</i>	Run 75 to 90 mins	<i>Wednesday</i>	Run 1 hour 40 mins
<i>Thursday</i>	Run for 45 mins	<i>Thursday</i>	Run 60 mins	<i>Thursday</i>	Run 75 mins
<i>Friday</i>	Rest	<i>Friday</i>	Rest	<i>Friday</i>	Rest
<i>Saturday</i>	Run 75 mins	<i>Saturday</i>	Run 90 mins to 120 mins	<i>Saturday</i>	Run for at least 2 hours 20 mins or longer if you can manage
<i>Sunday</i>	Cross train	<i>Sunday</i>	Cross train	<i>Sunday</i>	Cross train
Week 2	29 June	Week 6	27 July	Week 10	24 August
<i>Monday</i>	Rest	<i>Monday</i>	Rest	<i>Monday</i>	Rest
<i>Tuesday</i>	Run for 45 mins	<i>Tuesday</i>	Run 75 mins	<i>Tuesday</i>	run 80 mins
<i>Wednesday</i>	Run for 60 mins	<i>Wednesday</i>	Run 90 mins	<i>Wednesday</i>	Run 120 mins
<i>Thursday</i>	Run for 45 mins	<i>Thursday</i>	Run 60 mins	<i>Thursday</i>	Run 45 mins
<i>Friday</i>	Rest	<i>Friday</i>	Rest	<i>Friday</i>	Rest
<i>Saturday</i>	Run for 75 to 90 mins	<i>Saturday</i>	Run 120 mins	<i>Saturday</i>	Run for 2 hours 30mins or longer if you can manage
<i>Sunday</i>	Cross train	<i>Sunday</i>	Cross train	<i>Sunday</i>	Cross train
Week 3	6 July	Week 7	3 August	Week 11	31 August
<i>Monday</i>	Rest	<i>Monday</i>	Rest	<i>Monday</i>	Rest
<i>Tuesday</i>	Run 45 to 60 mins	<i>Tuesday</i>	Run 60 mins	<i>Tuesday</i>	Run 80 mins
<i>Wednesday</i>	Run 60 to 75 mins	<i>Wednesday</i>	Run 90 mins	<i>Wednesday</i>	Run 120 mins
<i>Thursday</i>	Run 45 mins	<i>Thursday</i>	Run 60 mins	<i>Thursday</i>	Run 60 mins
<i>Friday</i>	Rest	<i>Friday</i>	Rest	<i>Friday</i>	Rest
<i>Saturday</i>	Run 90 mins	<i>Saturday</i>	Run 120 mins	<i>Saturday</i>	Run 60 mins
<i>Sunday</i>	Cross train	<i>Sunday</i>	Cross train	<i>Sunday</i>	Cross train
Week 4	13 July	Week 8	10 August	Week 12	7 September
<i>Monday</i>	Rest	<i>Monday</i>	Rest	<i>Monday</i>	Rest
<i>Tuesday</i>	Run for 20 to 30 mins	<i>Tuesday</i>	Run 30 mins	<i>Tuesday</i>	Run 30 min
<i>Wednesday</i>	Run for 30 to 45 mins	<i>Wednesday</i>	Run 45 mins	<i>Wednesday</i>	Run 20 min
<i>Thursday</i>	Run 30 mins	<i>Thursday</i>	Run 30 mins	<i>Thursday</i>	Run 20 min
<i>Friday</i>	Rest	<i>Friday</i>	Rest	<i>Friday</i>	Rest or light cross training
<i>Saturday</i>	Run 45 mins	<i>Saturday</i>	Run 60 mins	<i>Saturday</i>	Rest
<i>Sunday</i>	Cross train	<i>Sunday</i>	Cross train	<i>Sunday</i>	EMERSON'S DUNEDIN MARATHON 13 SEPTEMBER 2026

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