

## EXPLANATORY NOTES ON THE TRAINING SCHEDULE

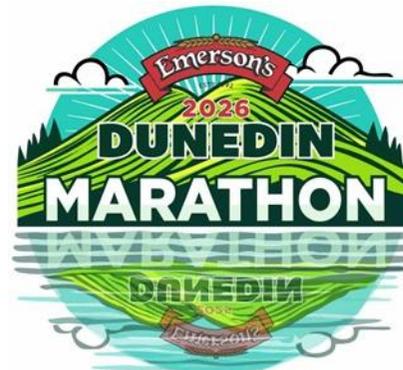
This programme is for those who have done some running and at the start of the programme are capable of running up to an hour without too much bother. For those who are more or less complete novices you will have to modify this programme somewhat and place more emphasis on steady running and time on 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 towards 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](mailto:info@cavershamharriers.co.nz)



**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 **DUNEDIN MARATHON**  
Website: <https://dunedinmarathon.co.nz>  
E-mail: [info@dunedinmarathon.co.nz](mailto:info@dunedinmarathon.co.nz)



**13 September 2026**

**15 WEEK  
MARATHON  
TRAINING  
SCHEDULE 2026**

*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](mailto:davestin@slingshot.co.nz)

<b>Week 1</b>	<b>1 June</b>	<b>Week 6</b>	<b>6 July</b>	<b>Week 11</b>	<b>10 August</b>
<i>Monday</i>	60 minutes steady	<i>Monday</i>	Run 40 minutes as you feel or G/S/B	<i>Monday</i>	50 minutes easy or G/S/B
<i>Tuesday</i>	40 minutes easy running or GR	<i>Tuesday</i>	45 mins mixed speed running or GR	<i>Tuesday</i>	60 mins mixed speed running or GR
<i>Wednesday</i>	Run for 1 hour as you feel	<i>Wednesday</i>	Run 70 minutes as you feel	<i>Wednesday</i>	Run for 80 minutes
<i>Thursday</i>	40 minutes varied pace running	<i>Thursday</i>	45 minutes steady running	<i>Thursday</i>	50 minutes mixed running
<i>Friday</i>	Rest or 30 minutes easy	<i>Friday</i>	Rest or easy jog	<i>Friday</i>	Rest or easy jog
<i>Saturday</i>	Run for 1 hour at a steady pace	<i>Saturday</i>	Run 60 minutes solid effort	<i>Saturday</i>	Run hard for 1 hour
<i>Sunday</i>	Run for 90 minutes at an easy pace	<i>Sunday</i>	Run 24km	<i>Sunday</i>	Run 30km last half faster than first
<b>Week 2</b>	<b>8 June</b>	<b>Week 7</b>	<b>13 July</b>	<b>Week 12</b>	<b>17 August</b>
<i>Monday</i>	20 – 30 minutes easy or G/S/B	<i>Monday</i>	40 minutes as you feel or G/S/B	<i>Monday</i>	30 minutes easy or G/S/B
<i>Tuesday</i>	45 minutes mixed running	<i>Tuesday</i>	45 mins mixed speed running or GR	<i>Tuesday</i>	20 – 30 minutes easy or GR easy
<i>Wednesday</i>	Run for an hour as you feel	<i>Wednesday</i>	70 minutes as you feel	<i>Wednesday</i>	40 minutes easy
<i>Thursday</i>	45 minutes solid effort	<i>Thursday</i>	45 minutes solid effort	<i>Thursday</i>	20 – 30 minutes easy
<i>Friday</i>	Rest or easy jog	<i>Friday</i>	Rest or easy jog	<i>Friday</i>	Rest
<i>Saturday</i>	Park Run or 5km good effort	<i>Saturday</i>	Run 60 minutes last 10 minutes hard effort	<i>Saturday</i>	Run for 1 hour easy
<i>Sunday</i>	Run for 90 minutes at an easy pace	<i>Sunday</i>	Run 24km	<i>Sunday</i>	Run 32km steady pace
<b>Week 3</b>	<b>15 June</b>	<b>Week 8</b>	<b>20 July</b>	<b>Week 13</b>	<b>24 August</b>
<i>Monday</i>	30 minutes easy or G/S/B	<i>Monday</i>	Run 30 minutes easy or G/S/B	<i>Monday</i>	40 minutes as you feel or G/S/B
<i>Tuesday</i>	45 minutes mixed running or GR	<i>Tuesday</i>	Run 20 – 30 minutes easy or GR easy	<i>Tuesday</i>	50 mins mixed speed running or GR
<i>Wednesday</i>	Run 1 hour as you feel	<i>Wednesday</i>	Run 60 minutes easy	<i>Wednesday</i>	90 minutes as you feel
<i>Thursday</i>	45 minutes solid effort	<i>Thursday</i>	30 – 45 minutes easy	<i>Thursday</i>	50 minutes steady running
<i>Friday</i>	Rest or easy jog	<i>Friday</i>	Rest	<i>Friday</i>	Rest or easy jog
<i>Saturday</i>	Run for 1 hour putting in some faster efforts of 2 or 3 minutes duration	<i>Saturday</i>	30 minutes easy	<i>Saturday</i>	Park Run or 5km time trial or race
<i>Sunday</i>	Run for 90 minutes easy	<i>Sunday</i>	Run 30km easy	<i>Sunday</i>	2— 2 1/2 hours as you feel
<b>Week 4</b>	<b>22 June</b>	<b>Week 9</b>	<b>27 July</b>	<b>Week 14</b>	<b>31 August</b>
<i>Monday</i>	30 minutes easy or G/S/B	<i>Monday</i>	30 minutes easy or G/S/B	<i>Monday</i>	Rest or G/S/B
<i>Tuesday</i>	30 minutes easy or GR	<i>Tuesday</i>	60 mins mixed speed running or GR	<i>Tuesday</i>	Run for 30 mins hard effort or GR
<i>Wednesday</i>	45 minutes easy	<i>Wednesday</i>	Run 90 minutes as you feel	<i>Wednesday</i>	Run for 90 minutes as you feel
<i>Thursday</i>	20 – 30 minutes easy	<i>Thursday</i>	Run 50 minutes strong pace	<i>Thursday</i>	Run for 50 minutes mixed running
<i>Friday</i>	Rest	<i>Friday</i>	Rest or easy jog	<i>Friday</i>	Rest or easy jog
<i>Saturday</i>	Park Run or 5km good effort	<i>Saturday</i>	Park Run or 10km time trial or race	<i>Saturday</i>	Park Run or 10km time trial or race
<i>Sunday</i>	60 minutes easy	<i>Sunday</i>	Run 30km	<i>Sunday</i>	Run 20km as you feel
<b>Week 5</b>	<b>29 June</b>	<b>Week 10</b>	<b>3 August</b>	<b>Week 15</b>	<b>7 September</b>
<i>Monday</i>	40 minutes steady or G/S/B	<i>Monday</i>	Run 50 minutes easy or G/S/B	<i>Monday</i>	45 minutes easy or G/S/B
<i>Tuesday</i>	45 mins mixed speed running or GR	<i>Tuesday</i>	60 mins mixed speed running or GR	<i>Tuesday</i>	Run 30 minutes easy or GR easy
<i>Wednesday</i>	Run for 1 hour as you feel	<i>Wednesday</i>	Run for 80 minutes as you feel	<i>Wednesday</i>	Run for 1 hour easy
<i>Thursday</i>	40 minutes easy	<i>Thursday</i>	50 minutes solid pace	<i>Thursday</i>	Run for 30 minutes mixed running
<i>Friday</i>	Rest or easy jog	<i>Friday</i>	Rest or easy jog	<i>Friday</i>	Rest
<i>Saturday</i>	Park Run or 10km time trial or race	<i>Saturday</i>	50 minutes mixed running	<i>Saturday</i>	20 mins easy or rest (NO Park Run)
<i>Sunday</i>	Run 24km easy pace	<i>Sunday</i>	Run 30km last half faster than first	<i>Sunday</i>	<b>EMERSON'S DUNEDIN MARATHON</b>
					<b>13 SEPTEMBER 2026</b>