



ROTORUA MARATHON 4 MAY 2019

Rotorua Marathon training: 26-WEEK TRAINING PROGRAMME

THE MARATHON SCHEDULE BELOW IS FOR RUNNERS AND WALKERS

This training schedule counts down from Week 1 to Week 20 (race week) for a marathon race. Following are explanations of the terms used in the training chart below.

Runs/Walks: The runs/walks on Mondays, Tuesdays and Thursdays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner you're running/walking too fast. For those who use heart monitors to measure their level of exertion, you would be running between 65 to 75 percent of maximum. In other words, run/walk easy. If you want to run/walk with others, be cautious that they don't push you to run/walk faster than planned.

Rest: Rest is an important part of your training. Friday is always a day of rest in the programme. Be realistic about your fatigue level and don't feel guilty if you decide to take an additional day off (best bet is Monday). Specifically consider scheduling at least one extra rest day during the step-back weeks (see below.)

Tempo Runs: A tempo run/walk is a continuous run/walk with a build-up in the middle to near race pace – you don't want to go faster than your half marathon race pace. In this programme, tempo runs are scheduled for every other Wednesday, alternating with interval training on the track or on the road. A tempo run/walk of 30 to 40 minutes would begin with 10-15 minutes easy running/walking, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace build-up should be gradual, not sudden, with peak speed coming about two-thirds into the workout and only for a few minutes. You can do tempo runs/walks almost anywhere; on the road, on trails or even on a track.

10km Race or Time Trial: This is scheduled to be run at the start of the 15th week of the programme. If you prefer to do a Time trial, ensure that you have an accurate course to judge yourself by. Ideally, measure a flat course near home, and run/walk at a faster pace than you might anticipate during a 10km race – that is, run/walk hard! You might prefer to run/walk in some local races.

Speedwork: If you want to race at a fast pace, you need to train at a fast pace. Interval training where you alternate fast running/walking with jogging or walking is a very effective form of speedwork. The training schedule includes interval training featuring 400-metre reps (repeats) every other week, alternating with the tempo runs/walks discussed above. Run/walk the 400's at about the pace you would run/walk in a 5km race. Walk or jog between each repeat. Although the best venue for speedwork of this sort is on a 400-metre track, these workouts can be done on the road or on trails, either by using measured courses or by running/walking hard approximately the length of time you would run/walk a 400 on the track. For instance, if you normally run/walk 400 reps in 90 seconds, do fast reps for that length of time and don't worry about distance.

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts above and pace workouts below. Most runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. As a goal driven runner/walker, you have a slightly different goal; otherwise you wouldn't be using this programme, so warm up before you run/walk

fast. A suggestion is to jog/walk a kilometre or two, sit down and stretch for 5-10 minutes, then run/walk some easy strides (100 metres at near race pace). Then perhaps cool down afterwards by doing half of the warm-up.

Stretch & Strengthen: Also important as part of the warm-up is stretching. Don't overlook it, particularly on days when you plan to run/walk fast. Strength training is important also: push-ups, pull-ups, use of free weights or working out with various machines at a gym. Runners/walkers generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. Mondays and Thursdays would be good days to combine stretching and strengthening with your easy run/walk, however, you can schedule Stretch & Strengthen on any day that is convenient for your business and personal schedule.

Cross-Training: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners/walkers preparing for a marathon race? It could be swimming or cycling, walking, other forms of aerobic training or some combination that could include strength training. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running/walking you do the rest of the week.

Long Runs/Walks: As a runner/walker, you probably already do a long run at the weekend anyway. This schedule suggests a slight increase in distance as you get closer to race date. Don't get hung up on running these workouts too fast. Run at a comfortable, conversational pace.

THIS MARATHON TRAINING SCHEDULE IS ONLY A GUIDE. FEEL FREE TO MAKE MINOR MODIFICATIONS TO SUIT YOUR WORK AND FAMILY SCHEDULE.

Easy Pace: Run at a pace where you can still chat and your breathing is slightly heavy.

Strong Pace: The pace you can currently run all kilometres of a marathon. Breathing is heavy but you can hold this pace for a marathon race.

Goal Marathon Race Pace: The pace that you are training to be able to maintain for each kilometre of your upcoming marathon race.

Hard Pace: The pace that you can currently run all kilometres of a 4km. Breathing is starting to become laboured but sustainable for longer distances.

Very Hard Pace: Pace that can only be held for 3km-5km if required. Breathing is laboured and leg muscles are being pushed. You need to concentrate to keep this pace.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	10 km + strength Easy pace	8 km Easy pace	15 min Tempo pace	6 km + strength Easy pace	Rest	45 min Cross	12 km Strong pace
Week 2	10 km + strength Easy pace	8 km Easy pace	6 x 400 @ 10km pace	6 km + strength Easy pace	Rest	45 min Cross	12 km HM goal pace
Week 3	10 km + strength Easy pace	8 km Easy pace	20 min Tempo pace	8 km + strength Easy pace	Rest	45 min Cross	14 km Easy pace
Week 4	10 km + strength Easy pace	8 km Easy pace	20 min Tempo pace	8 km + strength Easy pace	Rest	45 min Cross	14 km Strong pace
Week 5	10 km + strength Easy pace	8 km Easy pace	20 min Tempo pace	8 km + strength Easy pace	Rest	45 min Cross	14 km Strong pace
Week 6	10 km + strength Easy pace	12 km Easy pace	6 x 600 @ 10km pace	8 km + strength Easy pace	Rest	45 min Cross	16 km Strong pace
Week 7	10 km + strength Easy pace	12 km Easy pace	20 min Tempo pace	10 km + strength Easy pace	Rest	45 min Cross	16 km Marathon Goal Pace
Week 8	10 km + strength Easy pace	14 km Easy pace	6 x 800 @ 10km pace	10 km + strength Easy pace	Rest	45 min Cross	18 km Strong pace
Week 9	10 km + strength Easy pace	14 km Easy pace	30 min Tempo pace	10 km + strength Easy pace	Rest	45 min Cross	18 km Strong pace
Week 10	10 km + strength Easy pace	16 km Easy pace	8 x 1000m @ 10k pace	12 km + strength Easy pace	Rest	45 min Cross	20 km Strong pace
Week 11	10 km + strength Easy pace	16 km Easy pace	30 min Tempo pace	12 km + strength Easy pace	Rest	60 min Cross	20 km Strong pace
Week 12	10 km + strength Easy pace	16 km Easy pace	10 x 400m @ 10km pace	12 km + strength Easy pace	Rest	60 min Cross	22 km Marathon Goal pace
Week 13	12 km + strength Easy pace	16 km Easy pace	35 km Tempo pace	12 km + strength Easy pace	Rest	60 min Cross	22 km Strong pace
Week 14	12 km + strength Easy pace	20 km Easy pace	9 x 600m @ 10km pace	15 km + strength Easy pace	Rest	60 min Cross	26 km Strong pace
Week 15	12 km + strength Easy pace	20 km Easy pace	40 min Tempo pace	15 km + strength Easy pace	Rest	60 min Cross	26 km Strong pace
Week 16	12 km + strength Easy pace	20 km Easy pace	9 x 600m @ 10km pace	15 km + strength Easy pace	Rest	60 min Cross	26 km Strong pace
Week 17	12 km + strength Easy pace	20 km Easy pace	40 min Tempo pace	15 km + strength Easy pace	Rest	60 min Cross	26 km Strong pace
Week 18	12 km + strength Easy pace	20 km Easy pace	10 x 800m @ 10km pace	15 km + strength Easy pace	Rest	Rest	30 km Marathon Goal pace
Week 19	12 km + strength Easy pace	8 km Easy pace	10 km Race or Time Trial	15 km easy Easy pace	Rest	60 min Cross	32 km Easy pace
Week 20	12 km + strength Easy pace	24 km Hard pace	10 x 1000m @ 10km pace	15 km + strength Easy pace	Rest	60 min Cross	34 km Strong pace

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 21	12 km + strength Easy pace	24 km Easy pace	50 min Tempo pace	15 km + strength Easy pace	Rest	60 min Cross	36 km Strong pace
Week 22	12 km + strength Easy pace	8 km Easy pace	10 km Race or Time Trial	15 km easy Easy pace	Rest	60 min Cross	36 km Marathon goal pace
Week 23	12 km + strength Easy pace	24 km Easy pace	50 min Tempo pace	15 km + strength Easy pace	Rest	60 min Cross	36 km Easy pace
Week 24	12 km + strength Easy pace	8 km Easy pace	10 km Race or Time Trial	15 km easy Easy pace	Rest	60 min Cross	36 km Strong pace
Week 25	12 km + strength Easy pace	24 km Easy pace	50 min Tempo pace	15 km + strength Easy pace	Rest	60 min Cross	36 km Strong pace
Week 26	8 km + strength Easy pace	12 km Easy pace	10 km Easy Pace	20 min easy pace	Rest	Race Day	Rest