

# Marathon

## Beginner Training Program

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
<b>Week 1</b> <b>August 2016</b>	Mon, 8 Aug 35 mins LA	Tue, 9 Aug 40 mins MA	Wed, 10 Aug Rest Day	Thu, 11 Aug 40 mins MA	Fri, 12 Aug Rest Day	Sat, 13 Aug 90 mins LA	Sun, 14 Aug Rest Day
Actual Dist/Time Conditions							
<b>Week 2</b> <b>August 2016</b>	Mon, 15 Aug 35 mins LA	Tue, 16 Aug 45 mins MA	Wed, 17 Aug Rest Day	Thu, 18 Aug 40 mins MA	Fri, 19 Aug Rest Day	Sat, 20 Aug 2 hours LA	Sun, 21 Aug Rest Day
Actual Dist/Time Conditions							
<b>Week 3</b> <b>August 2016</b>	Mon, 22 Aug Walk - 45 mins OR Rest	Tue, 23 Aug 40 mins MA	Wed, 24 Aug Rest Day	Thu, 25 Aug 40 mins MA	Fri, 26 Aug Rest Day	Sat, 27 Aug 90 mins LA	Sun, 28 Aug Rest Day
Actual Dist/Time Conditions							
<b>Week 4</b> <b>Sept 2016</b>	Mon, 29 Aug 35 mins LA	Tue, 30 Aug 40 mins undulating MA	Wed, 31 Aug Rest Day	Thu, 1 Sep 40 mins undulating MA	Fri, 2 Sep Rest Day	Sat, 3 Sep 2 hours LA	Sun, 4 Sep Rest Day
Actual Dist/Time Conditions							
<b>Week 5</b> <b>Sept 2016</b>	Mon, 5 Sep 35 mins LA	Tue, 6 Sep 40 mins undulating MA	Wed, 7 Sep Rest Day	Thu, 8 Sep 40 mins undulating MA	Fri, 9 Sep Rest Day	Sat, 10 Sep 2hrs 15 mins LA/MA	Sun, 11 Sep Rest Day
Actual Dist/Time Conditions							
<b>Week 6</b> <b>Sept 2016</b>	Mon, 12 Sep Walk - 45 mins OR Rest	Tue, 13 Sep 40 mins MP	Wed, 14 Sep Rest Day	Thu, 15 Sep 10 mins LA, 20 mins UA, 10 mins LA	Fri, 16 Sep Rest Day	Sat, 17 Sep 90 mins (30 mins LA, 30 mins MP, 30 mins LA)	Sun, 18 Sep Rest Day
Actual Dist/Time Conditions							
<b>Week 7</b> <b>Sept 2016</b>	Mon, 19 Sep 40 mins LA	Tue, 20 Sep 60 mins undulating MA	Wed, 21 Sep Rest Day	Thu, 22 Sep 40 mins MP	Fri, 23 Sep Rest Day	Sat, 24 Sep 2hrs 15 mins LA/MA	Sun, 25 Sep Rest Day
Actual Dist/Time Conditions							

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
<b>Week 8</b> <b>Sept 2016</b>	<b>Mon, 26 Sep</b> 40 mins LA	<b>Tue, 27 Sep</b> 80 mins undulating LA	<b>Wed, 28 Sep</b> Rest Day	<b>Thu, 29 Sep</b> 40 mins MP	<b>Fri, 30 Sep</b> Rest Day	<b>Sat, 1 Oct</b> 21.1km Race If Possible	<b>Sun, 2 Oct</b> Rest Day
Actual Dist/Time Conditions							
<b>Week 9</b> <b>October 2016</b>	<b>Mon, 3 Oct</b> Rest Day	<b>Tue, 4 Oct</b> 40 mins MP	<b>Wed, 5 Oct</b> Rest Day	<b>Thu, 6 Oct</b> 10 mins LA, 20 mins UA, 10 mins LA	<b>Fri, 7 Oct</b> Rest Day	<b>Sat, 8 Oct</b> 90 mins (30 mins LA, 30 mins MP, 30 mins LA)	<b>Sun, 9 Oct</b> Rest Day
Actual Dist/Time Conditions							
<b>Week 10</b> <b>October 2016</b>	<b>Mon, 10 Oct</b> 40 mins MP	<b>Tue, 11 Oct</b> 80 mins undulating LA	<b>Wed, 12 Oct</b> Rest Day	<b>Thu, 13 Oct</b> 40 mins MP	<b>Fri, 14 Oct</b> Rest Day	<b>Sat, 15 Oct</b> 2hrs 45 mins LA/MA	<b>Sun, 16 Oct</b> 1-2 hour walk-off road if possible
Actual Dist/Time Conditions							
<b>Week 11</b> <b>October 2016</b>	<b>Mon, 17 Oct</b> Rest Day	<b>Tue, 18 Oct</b> 40 mins MP	<b>Wed, 19 Oct</b> Rest Day	<b>Thu, 20 Oct</b> 10 mins LA, 2 x 10 mins UA (with 5 mins LA in between), 10 mins LA	<b>Fri, 21 Oct</b> Rest Day	<b>Sat, 22 Oct</b> 2 hours MA	<b>Sun, 23 Oct</b> Rest Day
Actual Dist/Time Conditions							
<b>Week 12</b> <b>October 2016</b>	<b>Mon, 24 Oct</b> 45 mins MP	<b>Tue, 25 Oct</b> 90 mins undulating LA	<b>Wed, 26 Oct</b> Rest Day	<b>Thu, 27 Oct</b> 40 mins MP	<b>Fri, 28 Oct</b> Rest Day	<b>Sat, 29 Oct</b> 3 hours LA/MA	<b>Sun, 30 Oct</b> Rest Day
Actual Dist/Time Conditions							
<b>Week 13</b> <b>November 2016</b>	<b>Mon, 31 Oct</b> 40 mins LA	<b>Tue, 1 Nov</b> 60 mins undulating MA	<b>Wed, 2 Nov</b> Rest Day	<b>Thu, 3 Nov</b> 40 mins MP	<b>Fri, 4 Nov</b> Rest Day	<b>Sat, 5 Nov</b> 2 hours MA/UA	<b>Sun, 6 Nov</b> Optional Auckland Half Marathon (if do so then miss Sat and run 80% of race pace)
Actual Dist/Time Conditions							
<b>Week 14</b> <b>November 2016</b>	<b>Mon, 7 Nov</b> 45 mins MP	<b>Tue, 8 Nov</b> 60 mins MA	<b>Wed, 9 Nov</b> Rest Day	<b>Thu, 10 Nov</b> 10 mins LA, 2 x 10 mins UA (with 5 mins LA in between), 10 mins LA	<b>Fri, 11 Nov</b> Rest Day	<b>Sat, 12 Nov</b> 60 mins (20 mins LA, 20 mins UA, 20 mins LA)	<b>Sun, 13 Nov</b> Rest Day
Actual Dist/Time Conditions							
<b>Week 15</b> <b>November 2016</b>	<b>Mon, 14 Nov</b> 40 mins MP	<b>Tue, 15 Nov</b> Rest Day	<b>Wed, 16 Nov</b> 30 mins LA	<b>Thu, 17 Nov</b> Rest Day	<b>Fri, 18 Nov</b> 20 mins LA or Rest	<b>Sat, 19 Nov</b> Queenstown International Full Marathon	<b>Sun, 20 Nov</b> Rest Day
Actual Dist/Time Conditions							



# Marathon

## Training Tips

### 15 Week Beginner Marathon Training Program

This program is designed for a beginner runner who is currently able to run for 90 minutes or 15km non-stop and is aiming to complete their first marathon. It is a 'guideline' only and you must always train within your own capabilities and also with a clean bill of health from your doctor if taking on the marathon distance for the first time.

Running four times a week will give you enough 'time on feet' to get to that finish line, but we also recommend adding in 1-2 sessions of strength training plus a session of yoga or pilates for core strength and flexibility to fully compliment your marathon training.

Ensure the first 5-10 minutes of each run are used as a 'warm up', so go easy to gradually increase your heart rate and get blood pumping to the muscles where it's needed. Finish each run with a few minutes of foam rolling and then static stretches for quads, hamstrings, calves, ITB and glutes.

Always listen to your body and stop if you're experiencing any unusual pain or niggles. Also don't be afraid to take a rest day if you're feeling too tired. Back up your training with good nutrition and lots of sleep to get the best results.

This training program is based on 'time on feet' and your running should always be at a 'comfortable' level where you can hold a conversation. The marathon course is 70% on hard-packed trails and 30% on road, so try and emulate this in your training as much as you can.

Use the longer runs over 90 minutes (marked with \*) to practice how you will hydrate and fuel during the marathon. As a rule of thumb try and take on fluid every 30 minutes or so (drink to your thirst) and some fuel every 45-60 minutes. Everyone is different so use these longer sessions to work out your optimal fuelling and hydration.

The following training zones are used in the program:

- LA = Lower Aerobic - easy paced running, can talk comfortably and you finish feeling great.
- MA = Mid Aerobic - comfortable running pace, can talk comfortably but breathing has increased.
- UA = Upper Aerobic - comfortably hard running pace, should be a bit breathless.
- MP = Marathon Paced running (your proposed pace on race day).