

YMCA Marathon Club
14 Week Marathon Build Up
For the Experienced Runner



This Training Programme is intended for the runner who is an experienced marathoner and wants to introduce more mileage and varied training. All distances are expressed in kilometres.

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	25 Long Aerobic	10 Aerobic Recovery	12 Hilly	21 Long Aerobic	10 Hilly	rest or jog	13 7x100m strides
2	25 Long Aerobic	10 Aerobic Recovery	12 Hilly	23 Long Aerobic	10 Hilly	rest or jog	13 8x100m strides
3	28 Long Aerobic	10 Aerobic Recovery	12 Hilly	25 Long Aerobic	10 Hilly	rest or jog	14 inc 10k AT run
4	30 Long Aerobic	10 Aerobic Recovery	18 Long Aerobic	10 Hilly	21 Long Aerobic	rest or jog	10 10x100m strides
5	32 Long Aerobic	10 Aerobic Recovery	21 Long Aerobic	14 inc 3 x 6 mins	21 Long Aerobic	rest or jog	10 10x100m strides
6	27 Long Aerobic	10 Aerobic Recovery	21 Long Aerobic	14 inc 3 x 6 mins	21 Long Aerobic	rest or jog	10 10x100m strides
7	32 Long Aerobic	10 Aerobic Recovery	16 Long Aerobic	14 inc 4 x 5 mins	21 Long Aerobic	rest or jog	14 inc 10k AT run
8	32 Long Aerobic	10 Aerobic Recovery	16 Long Aerobic	14 inc 4 x 5 mins	25 Long Aerobic	rest or jog	10 10x100m strides
9	27 Long Aerobic	10 Aerobic Recovery	21 Long Aerobic	14 inc 5 x 3 mins	25 Long Aerobic	rest or jog	10 10x100m strides
10	33 Long Aerobic	10 Aerobic Recovery	16 Long Aerobic	14 inc 3 x 2 mins x 2	21 Long Aerobic	rest or jog	12 Aerobic Recovery
11	31 inc 16 @ race pace	10 Aerobic Recovery	16 Long Aerobic	14 inc 3 x 2 mins x 2	25 Long Aerobic	rest or jog	12 Aerobic Recovery
12	32 race prep	10 Aerobic Recovery	16 Long Aerobic	14 inc 4 x 1 mins x 2	16 Long Aerobic	rest or jog	10 10x60m strides
13	26 Long Aerobic	10 Aerobic Recovery	14 inc 10k @ race pace	13 Long Aerobic	8 Easy Aerobic	rest or jog	10 10x60m strides
14	19 Long Aerobic	10 Aerobic Recovery	8 Easy Aerobic	Rest	8 Easy Aerobic	rest or jog	jog & few light strides
Marathon							

Training Tips

- This programme assumes a current ability to comfortably complete 25km at your average training pace. ie: long aerobic effort.
- It must be stressed that this programme is a guide only and should be modified to suit individual needs.
- You should record your runs in your daily diary and note any problems.
- Any health/ injury problems seek advice. Adopt a good diet. Stretch regularly and include sports massage.

Club Runs/Walks: Every Sunday at YMCA Greys Ave. www.ymcamarathon.org.nz