

YMCA Marathon Club
14 Week Marathon Build Up
Basic Training Programme - 5 Days per Week



This Training Programme is intended for the runner/walker who is training for a marathon.

The programme is a guide only and should be customised to meet individual needs. All distances are expressed in kilometres.

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Week Total
1	21	rest	9	12	10	8	rest	60.0
2	23	rest	9	12	9	8	rest	61.0
3	24	rest	9	16	9	8	rest	66.0
4	26	rest	9	16	9	8	rest	68.0
5	27	rest	9	16	10	9	rest	71.0
6	28	rest	10	20	10	9	rest	77.0
7	29	rest	10	20	10	9	rest	78.0
8	32	rest	10	20	10	9	rest	81.0
9	27	rest	12	20	10	11	rest	80.0
10	32	rest	12	20	12	11	rest	87.0
11	27	rest	12	16	12	11	rest	78.0
12	32	rest	12	16	10	11	rest	81.0
13	26	rest	10	12	10	9	rest	67.0
14	16	rest	8	5	5	rest	rest	34.0
Marathon								42.2
							Total	1,031.2

Training Tips

- The longest runs/walks are on Sunday and should be approximately 85% of race pace.
- Tuesday should be a harder run/walk possibly including hill work where you drive hard up the hill then relax coming down.
- Wednesday is your long mid-week run/walk. Approximately 60% of your Sunday distance. It should start at a steady pace and gradually build to full race pace for the last 3-5ks.
- Thursday is an opportunity to do a run/walk at full pace. You should aim to do at least 4 timed 10k's during the build up to measure your performance.
- Use your rest days. They are important. Use a diary to record your runs/walks and to make notes on your progress. If you miss a day, don't try to catch up.
- Make sure your shoes are in good condition. Watch for health/injury problems and seek advice. A healthy diet is essential. Hydration is most important

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