

**YMCA Marathon Club**  
**14 Week Marathon Build Up**  
**Basic Training Programme - 6 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	5	7	12	10	rest	5	60.0
2	23	5	7	12	7	rest	7	61.0
3	24	5	7	16	7	rest	7	66.0
4	26	5	7	16	7	rest	7	68.0
5	27	5	7	16	10	rest	8	73.0
6	28	5	8	20	8	rest	8	77.0
7	29	5	8	20	8	rest	8	78.0
8	32	5	8	20	8	rest	8	81.0
9	27	5	10	20	10	rest	10	82.0
10	32	5	10	20	10	rest	10	87.0
11	27	5	10	16	10	rest	10	78.0
12	32	5	10	16	8	rest	10	81.0
13	26	5	8	12	10	rest	8	69.0
14	16	5	5	5	5	rest	rest	36.0
<b>Marathon</b>								42.2
							<b>Total</b>	<b>1,039.2</b>

**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](http://www.ymcamarathon.org.nz)