



### Kirikiriroa Marathon Training Guide

|            |                | Mon      | Tue      | Wed                   | Thu      | Fri                   | Sat  | Sun                |                     | Suggested distances are all in kilometres |  |
|------------|----------------|----------|----------|-----------------------|----------|-----------------------|------|--------------------|---------------------|---|--|
| Weeks out  | Date beginning | Rest Day | Easy Jog | Hard work Hills speed | Rest Day | Easy or Marathon Pace | EASY | Long Slow Distance | Total KM's for week |   |  |
| 26         | 2-Sep-19       | Rest     | 2        | 3                     | Rest     | 2                     | 2    | 4                  | 13                  | Rest Days                                 | Ideally, don't exercise. At most cross train with no-impact activity like stretching, yoga or swimming   |
| 25         | 9-Sep-19       | Rest     | 2        | 3                     | Rest     | 2                     | 2    | 4                  | 13                  | Easy Days                                 | Run at comfortable pace cross-train with sustained aerobic effort  |
| 24         | 16-Sep-19      | Rest     | 2        | 3                     | Rest     | 2                     | 2    | 4                  | 13                  |   |  |
| 23         | 23-Sep-19      | Rest     | 3        | 4                     | Rest     | 3                     | 3    | 5                  | 18                  | Hills                                     | Find a hill that will take you at least 2 minutes to climb, and mark off a short repeat to the top. After a 3km warm up run to the mark 3 or 4 times jogging back down to recover. Then run to the top 3 or 4 times jogging back down to the short mark then sprint to the bottom. Finish with 3 or 4 sprints up to the short mark. Cool down with 3 km of easy running.   |
| 22         | 30-Sep-19      | Rest     | 3        | 4                     | Rest     | 3                     | 3    | 5                  | 18                  |   |  |
| 21         | 7-Oct-19       | Rest     | 4        | 5                     | Rest     | 4                     | 4    | 5                  | 22                  | Speed                                     | warm up and cool down with an easy 3 km , run 3km at your 10km pace, jog a lap for recovery and repeat 3 or 4 times. Or 800m at your marathon time, then jog 400m at a slower pace.  |
| 20         | 14-Oct-19      | Rest     | 4        | 5                     | Rest     | 4                     | 4    | 6                  | 23                  |   |  |
| 19         | 21-Oct-19      | Rest     | 5        | 6                     | Rest     | 4                     | 4    | 7                  | 26                  | Marathon Pace (MP)                        | Marathon Goal pace the pace you hope to hit in your event.   |
| 18         | 28-Oct-19      | Rest     | 5        | 7                     | Rest     | 5                     | 5    | 8                  | 30                  |   |  |
| 17         | 4-Nov-19       | Rest     | 5        | 8                     | Rest     | 5                     | 5    | 9                  | 32                  | Long, Slow, Distance (LSD)                | Long slow distance runs build endurance. These should be done at an easy pace, one or two minutes slower than your marathon goal pace.<br><b>The long run is the most important part of your training because it helps you get used to spending time on your feet</b>  |
| 16         | 11-Nov-19      | Rest     | 5        | 9                     | Rest     | 5                     | 5    | 10                 | 34                  |   |  |
| 15         | 18-Nov-19      | Rest     | 5        | 10                    | Rest     | 6                     | 6    | 11                 | 38                  | Run Rest Relax                            | To customise the plan if you are a 1st Marathoner you can ignore the hills, speed work and Marathon pace runs, and do 5 to 6 easy kilometres on the road instead. Every week, you should do 3 easy runs, one long run and rest on the other 3 days. Take a rest day Saturday so you are fresh for your long run on Sunday, this will get you to the start line with enough of a base. Get some advise from a Running Club; suggested in Hamilton are Hamilton Marathon Clinic or Hamilton Road Runners both clubs meet during the week. If you are interested make contact with the clubs. |
| 14         | 25-Nov-19      | Rest     | 6        | 10                    | Rest     | 8                     | 8    | 14                 | 46                  |   |  |
| 13         | 2-Dec-19       | Rest     | 5        | 10                    | Rest     | 8                     | 8    | 19                 | 50                  |   |  |
| 12         | 9-Dec-19       | Rest     | 6        | 10                    | Rest     | 6                     | 6    | 16                 | 44                  |   |  |
| 11         | 16-Dec-19      | Rest     | 6        | 11                    | Rest     | 6                     | 6    | 21                 | 50                  |   |  |
| 10         | 23-Dec-19      | Rest     | 11       | 13                    | Rest     | 10                    | 10   | 10                 | 54                  |   |  |
| 9          | 30-Dec-19      | Rest     | 6        | 11                    | Rest     | 8                     | 8    | 26                 | 59                  |   |  |
| 8          | 6-Jan-20       | Rest     | 8        | 13                    | Rest     | 6                     | 6    | 23                 | 56                  |   |  |
| 7          | 13-Jan-20      | Rest     | 5        | 13                    | Rest     | 14                    | 5    | 29                 | 66                  |   |  |
| 6          | 20-Jan-20      | Rest     | 6        | 14                    | Rest     | 16                    | 6    | 32                 | 74                  |   |  |
| 5          | 27-Jan-20      | Rest     | 6        | 11                    | Rest     | 16                    | 6    | 32                 | 71                  |   |  |
| 4          | 3-Feb-20       | Rest     | 11       | 16                    | Rest     | 11                    | 13   | 24                 | 75                  |   |  |
| 3          | 10-Feb-20      | Rest     | 20       | 16                    | Rest     | 10                    | 10   | 35                 | 91                  |   |  |
| 2          | 17-Feb-20      | Rest     | 13       | 13                    | Rest     | 11                    | 11   | 24                 | 72                  |   |  |
| 1          | 24-Feb-20      | Rest     | 8        | 6                     | Rest     | 10                    | 8    | 19                 | 51                  |   |  |
| Event week | 2-Mar-20       | Rest     | 8        | Rest                  | Rest     | Rest                  | 5    | 42.2               | 55.2                |   |  |

**Disclaimer:** Any information you find here is from Kirikiriroa Marathon Incorporated volunteer organisers, who are lovely people, but not doctors or medical professionals. It is suggested that you seek medical advice prior to starting any exercise or weight loss programme, and you assume any risk with the activities you undertake.