

**YMCA Marathon Club**  
**14 Week Marathon Build Up**  
**Advanced Training Programme**



This Training Programme is intended for the runner who is fitter, more competitive and has more time available for training.

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	10	12	20	10	rest	13	86.0
2	23	10	12	20	10	rest	13	88.0
3*	24	10	12	20	10	rest	13	89.0
4	26	10	12	20	10	rest	13	91.0
5	27	10	12	20	10	rest	13	92.0
6	28	10	16	25	12	rest	14	105.0
7	29	10	16	25	12	rest	14	106.0
8	32	10	16	25	12	rest	14	109.0
9	27	10	16	25	12	rest	14	104.0
10	32	10	13	20	10	rest	14	99.0
11	27	10	13	20	10	rest	14	94.0
12	32	10	13	20	10	rest	14	99.0
13**	26	10	13	16	10	rest	10	85.0
14	16	10	8	6	6	rest	rest	46.0
<b>Marathon</b>								<b>42.2</b>
							<b>Total</b>	<b>1,335.2</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)