



42km

Beginner Training Program

	Run	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 1	Mon, 23-Jan	Tue, 24 Jan	Wed, 25 Jan	Thu, 26 Jan	Fri, 27 Jan	Sat, 28 Jan	Sun, 29 Jan
January 2017	30 mins LA	40 mins MA	Rest Day	40 mins MA	Rest Day	75 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 2	Mon, 30 Jan	Tue, 31 Jan	Wed, 1 Feb	Thu, 2 Feb	Fri, 3 Feb	Sat, 4 Feb	Sun, 5 Feb
January 2017	35 mins LA	40 mins MA	Rest Day	40 mins MA	Rest Day	90 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 3	Mon, 6 Feb	Tue, 7 Feb	Wed, 8 Feb	Thu, 9 Feb	Fri, 10 Feb	Sat, 11 Feb	Sun, 12 Feb
February 2017	35 mins LA	45 mins MA	Rest Day	40 mins MA	Rest Day	2 hours LA	Rest Day
Actual Dist/Time Conditions							
Week 4	Mon, 13 Feb	Tue, 14 Feb	Wed, 15 Feb	Thu, 16 Feb	Fri, 17 Feb	Sat, 18 Feb	Sun, 19 Feb
February 2017	Walk - 45 mins OR Rest	40 mins MA	Rest Day	40 mins MA	Rest Day	90 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 5	Mon, 20 Feb	Tue, 21 Feb	Wed, 22 Feb	Thu, 23 Feb	Fri, 24 Feb	Sat, 25 Feb	Sun, 26 Feb
February 2017	35 mins LA	40 mins undulating MA	Rest Day	40 mins undulating MA	Rest Day	2 hours LA	Rest Day
Actual Dist/Time Conditions							
Week 6	Mon, 27 Feb	Tue, 28 Feb	Wed, 1 Mar	Thu, 2 Mar	Fri, 3 Mar	Sat, 4 Mar	Sun, 5 Mar
March 2017	35 mins LA	40 mins undulating MA	Rest Day	40 mins undulating MA	Rest Day	2hrs 15 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 7	Mon, 6 Mar	Tue, 7 Mar	Wed, 8 Mar	Thu, 9 Mar	Fri, 10 Mar	Sat, 11 Mar	Sun, 12 Mar
March 2017	Walk - 45 mins OR Rest	40 mins MP	Rest Day	10 mins LA, 20 mins UA, 10 mins LA	Rest Day	90 mins (30 mins LA, 30 mins MP, 30 mins LA)	Rest Day
Actual Dist/Time Conditions							

	Run	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 8 March 2017	Mon, 13 Mar 40 mins LA	Tue, 14 Mar 60 mins undulating MA	Wed, 15 Mar Rest Day	Thu, 16 Mar 40 mins MP	Fri, 17 Mar Rest Day	Sat, 18 Mar 2hrs 15 mins LA	Sun, 19 Mar Rest Day
Actual Dist/Time Conditions							
Week 9 March 2017	Mon, 20 Mar 40 mins LA	Tue, 21 Mar 80 mins undulating LA	Wed, 22 Mar Rest Day	Thu, 23 Mar 40 mins MP	Fri, 24 Mar Rest Day	Sat, 25 Mar 21.1km (this will give you an idea of your pace for the marathon - run on similar terrain to Hawkes Bay Marathon if possible)	Sun, 26 Mar Rest Day
Actual Dist/Time Conditions							
Week 10 March 2017	Mon, 27 Mar Rest Day	Tue, 28 Mar 40 mins MP	Wed, 29 Mar Rest Day	Thu, 30 Mar 10 mins LA, 20 mins UA, 10 mins LA	Fri, 31 Mar Rest Day	Sat, 1 Apr 90 mins (30 mins LA, 30 mins MP, 30 mins LA)	Sun, 2 Apr Rest Day
Actual Dist/Time Conditions							
Week 11 April 2017	Mon, 3 Apr 40 mins MP	Tue, 4 Apr 80 mins undulating LA	Wed, 5 Apr Rest Day	Thu, 6 Apr 40 mins MP	Fri, 7 Apr Rest Day	Sat, 8 Apr 2hrs 45 mins LA	Sun, 9 Apr 1-2 hour walk-off road if poss
Actual Dist/Time Conditions							
Week 12 April 2017	Mon, 10 Apr Rest Day	Tue, 11 Apr 40 mins MP	Wed, 12 Apr Rest Day	Thu, 13 Apr 10 mins LA, 2 x 10 mins UA (with 5 mins LA in-between), 10 mins LA	Fri, 14 Apr Rest Day	Sat, 15 Apr 2 hours LA	Sun, 16 Apr Rest Day
Actual Dist/Time Conditions							
Week 13 April 2017	Mon, 17 Apr 45 mins MP	Tue, 18 Apr 90 mins undulating LA	Wed, 19 Apr Rest Day	Thu, 20 Apr 40 mins MP	Fri, 21 Apr Rest Day	Sat, 22 Apr 3 hours LA	Sun, 23 Apr Rest Day
Actual Dist/Time Conditions							
Week 14 April 2017	Mon, 24 Apr 40 mins LA	Tue, 25 Apr 60 mins undulating MA	Wed, 26 Apr Rest Day	Thu, 27 Apr 40 mins MP	Fri, 28 Apr Rest Day	Sat, 29 Apr 90 mins (30 mins LA, 30 mins MP, 30 mins LA)	Sun, 30 Apr Rest Day
Actual Dist/Time Conditions							
Week 15 May 2017	Mon, 1 May 45 mins MP	Tue, 2 May 60 mins MA	Wed, 3 May Rest Day	Thu, 4 May 10 mins LA, 2 x 10 mins UA (with 5 mins LA inbetween), 10 mins LA	Fri, 5 May Rest Day	Sat, 6 May 60 mins (20 mins LA, 20 mins UA, 20 mins LA)	Sun, 7 May Rest Day
Actual Dist/Time Conditions							
Week 16 May 2017	Mon, 8 May 40 mins MP	Tue, 9 May Rest Day	Wed, 10 May 30 mins LA	Thu, 11 May Rest Day	Fri, 12 May 20 mins LA or Rest	Sat, 13 May Hawkes Bay International Marathon	Sun, 14 May Rest Day
Actual Dist/Time Conditions							



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Training Tips

16 Week Beginner Marathon Training Program

This program is designed for a beginner runner who is currently able to run for 90 minutes or 15km non-stop and is aiming to complete their first marathon. It is a 'guideline' only and you must always train within your own capabilities and also with a clean bill of health from your doctor if taking on the marathon distance for the first time.

Running four times a week will give you enough 'time on feet' to get to that finish line, but we also recommend adding in 1-2 sessions of strength training plus a session of yoga or Pilates for core strength and flexibility to fully compliment your marathon training.

Ensure the first 5-10 minutes of each run are used as a 'warm up', so go easy to gradually increase your heart rate and get blood pumping to the muscles where it's needed. Finish each run with a few minutes of foam rolling and then static stretches for quads, hamstrings, calves, ITB and glutes.

Always listen to your body and stop if you're experiencing any unusual pain or niggles. Also don't be afraid to take a rest day if you're feeling too tired. Back up your training with good nutrition and lots of sleep to get the best results.

This training program is based on 'time on feet' and your running should always be at a 'comfortable' level where you can hold a conversation. The marathon course is on a mixture of terrains including road, bike trails and through vineyards, so try and emulate this in your training as much as you can.

Use the longer runs over 90 minutes to practice how you will hydrate and fuel during the marathon. As a rule of thumb try and take on fluid every 30 minutes or so (drink to your thirst) and some fuel every 45-60 minutes. Everyone is different so use these longer sessions to work out your optimal fueling and hydration. The following training zones are used in the program:

- LA = Lower Aerobic - easy paced running, can talk comfortably and you finish feeling great.
- MA = Mid Aerobic - comfortable running pace, can talk comfortably but breathing has increased.
- UA = Upper Aerobic - comfortably hard running pace, should be a bit breathless.
- RP = Race Paced running (your proposed pace on race day)