

Intermediate 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 | 40 mins LA - Road | 40 mins Flat MA | Rest Day | 40 mins MA | Rest Day | 60 mins LA - Road Run | 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 | 40 mins LA - Road | 40 mins Flat MA | Rest Day | 40 mins MA | Rest Day | 75 mins LA - Road Run | 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 | 50 mins LA - Off Road | 40 mins Flat MA | Rest Day | 40 mins MA | Rest Day | 90 mins LA - Gravel Road Run | 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 | 60 mins LA - Off- Road | 50 mins Flat MA | Rest Day | 10 mins LA 20 mins MA, 10 min LA | Rest Day | 1 hr 45 mins LA - Off Road Run | 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 | Walk - 45 mins OR Rest | 40 mins undulating MA | Rest Day | 40 mins MA | Rest Day | 80 mins (MA Effort) - Gravel Road Run | 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 | 60 mins LA - Road | 60 mins Undulating MA | Rest Day | 10 mins LA 20 mins MA, 10 min LA | Rest Day | 2 hours LA - Off Road | 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 | 80 mins LA - Road | 40 mins undulating MA | Rest Day | 40 mins undulating MA | Rest Day | 2hrs 15 mins LA - Road Run | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |

| | Run | Run | Rest Day | Run | Rest Day | Long Run | Rest Day |
|--------------------------------|---------------------------|--------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------|------------------------------------|
| Week 8 | Mon, 13 Mar | Tue, 14 Mar | Wed, 15 Mar | Thu, 16 Mar | Fri, 17 Mar | Sat, 18 Mar | Sun, 19 Mar |
| March 2017 | Walk - 45 mins OR Rest | 60 mins Undulating MA | Rest Day | 10 mins LA, 2 x 10 mins UA (with 5 mins LA in-between), 10 mins LA | Rest Day | 90 mins LA - Gravel Road | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |
| Week 9 | Mon, 20 Mar | Tue, 21 Mar | Wed, 22 Mar | Thu, 23 Mar | Fri, 24 Mar | Sat, 25 Mar | Sun, 26 Mar |
| March 2017 | 80 mins LA - Off-Road | 60 mins Undulating MA | Rest Day | 40 mins MP | Rest Day | 2hrs 30 mins LA - Road Run | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |
| Week 10 | Mon, 27 Mar | Tue, 28 Mar | Wed, 29 Mar | Thu, 30 Mar | Fri, 31 Mar | Sat, 1 Apr | Sun, 2 Apr |
| March 2017 | 10km MP | 60 mins Undulating MA | Rest Day | 40mins Light Jog L.A. | Rest Day | 21.1km- Find a Race if Possible, otherwise run @ U.A. | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |
| Week 11 | Mon, 3 Apr | Tue, 4 Apr | Wed, 5 Apr | Thu, 6 Apr | Fri, 7 Apr | Sat, 8 Apr | Sun, 9 Apr |
| April 2017 | 40 mins LA | 80 mins Undulating MA | Rest Day | 1km Hilly Grass Track Repeats 5 x 1km @ M.A/U.A. | Rest Day | 3 hours 10mins LA - 25% Off Road, 75% Road | 1-2 hour walk- off road if poss |
| Actual Dist/Time Conditions | | | | | | | |
| Week 12 | Mon, 10 Apr | Tue, 11 Apr | Wed, 12 Apr | Thu, 13 Apr | Fri, 14 Apr | Sat, 15 Apr | Sun, 16 Apr |
| April 2017 | Rest Day | 60 mins Undulating MA | Rest Day | 1km Flat Grass Track Repeats 5 x 1km @ U.A with 2mins floating between | Rest Day | 21km 50% Gravel Road @ L.A, 50% Road @ U.A. | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |
| Week 13 | Mon, 17 Apr | Tue, 18 Apr | Wed, 19 Apr | Thu, 20 Apr | Fri, 21 Apr | Sat, 22 Apr | Sun, 23 Apr |
| April 2017 | 90 mins LA - Off-Road | 60 mins Undulating MA | Rest Day | 1km Flat Grass Track Repeats 5 x 1km @ U.A with 2mins floating between | Rest Day | 3 hours LA - 50% Gravel, 50% Road | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |
| Week 14 | Mon, 24 Apr | Tue, 25 Apr | Wed, 26 Apr | Thu, 27 Apr | Fri, 28 Apr | Sat, 29 Apr | Sun, 30 Apr |
| April 2017 | Rest Day | 60 mins undulating MA | Rest Day | 8km Off Road @ U.A. | Rest Day | 2 hours M.A - 50% Road, 50% Off-Road | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |
| Week 15 | Mon, 1 May | Tue, 2 May | Wed, 3 May | Thu, 4 May | Fri, 5 May | Sat, 6 May | Sun, 7 May |
| May 2017 | 90 mins LA - Off-Road | 60 mins MP | Rest Day | 1km Flat Grass Track Repeats 5 x 1km @ U.A with 2mins floating between | Rest Day | 12 km M.A with last 4km @ U.A - Road Run | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |
| Week 16 | Mon, 8 May | Tue, 9 May | Wed, 10 May | Thu, 11 May | Fri, 12 May | Sat, 13 May | Sun, 14 May |
| May 2017 | 40 mins MP | Rest Day | 30 mins LA with 4 x 100 m strides (not sprinting, just faster paced running) | Rest Day | 20 mins LA or Rest | Hawkes Bay International Marathon | Rest Day |
| Actual Dist/Time Conditions | | | | | | | |



42km

Training Tips

16 Week Intermediate 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)