

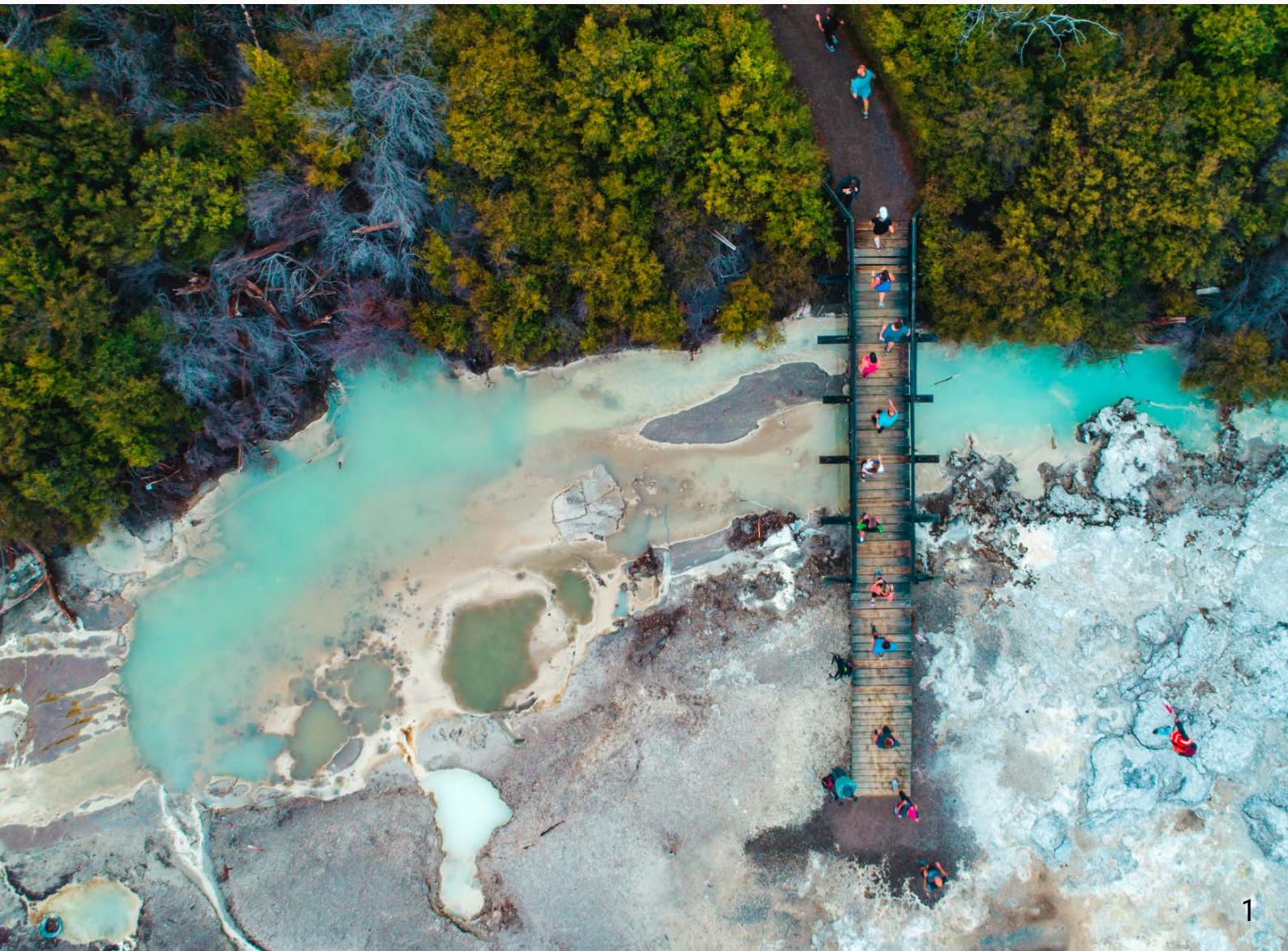


ROTORUA MARATHON

5KM WALK OR RUN 18-WEEK TRAINING SCHEDULE

Suitable for both runners and walkers, this 5km training schedule (which is also suitable for the 5.5km distance) has been compiled by Coach John Bowden, the Out of Stadium Co-ordinator at Athletics New Zealand. John is not only a very experienced coach, he has also represented New Zealand in the 10,000m event at the 1986 Commonwealth Games.

This training schedule is only a guide, feel free to make minor modifications to suit you and your journey towards the Rotorua Marathon's First Credit Union 5.5km fun run or walk.



HOW MUCH DO YOU NEED TO TRAIN?

If you possess a good level of fitness (because of participation in other sports) you probably could run 5km on very little training. But as you've made the decision to run the 5.5km race you might as well, do it right. This 18-week training schedule will help get you to the finish line.

To participate in this 5km programme, you should have no major health problems, should be in reasonably good shape, and should have done at least some jogging or walking. If running 1km for your first workout on Tuesday of the first week seems too difficult, you might want to begin by walking rather than running.

TRAINING TYPES

Stretch & Strengthen

Mondays are the days in which you can do some stretching along with some strength training. This is actually a day of rest following your long run on Sundays. Do some easy stretching of your running muscles. This is good advice for any day, particularly after you finish your run, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a health club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. It is advisable to do some strength training following your Thursday workouts, however you can schedule strength training on any two days convenient for your business and personal schedule.

Running Workouts

Put one foot in front of the other and run. It sounds simple, and it is. Don't worry about how fast you run; just cover the distance or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you run three days of the week: Tuesdays, Thursdays and Sundays, Sundays being a longer run.

Rest

The most important day in any running programme is rest. Rest days are as important as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. In this programme, Friday is always scheduled as a day of rest to complement the easy workouts on Mondays.

Cross-Training

What form of cross-training works best for runners preparing for a 5km race? It could be swimming, or cycling, walking, or other forms of aerobic training, or even some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule. And you could throw in some jogging as well if you're feeling good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Long Runs

The longest runs of the 18-week schedule are planned for Sundays, since you probably have more time to do them on the weekends. If Sunday isn't a convenient day for your long runs, you could do them on Saturday or any other day of the week for that matter. What pace should you run? Go slow. There is no advantage in going fast during your long runs, even for experienced runners.

Walking

Walking is an excellent exercise that a lot of runners overlook in their training. In the training schedule there are no specified walking workouts, but feel free to walk during your running workouts any time you feel tired or need a break.

PACE YOURSELF

Easy Pace

Run at a pace where you can still talk and your breathing is slightly heavy.

Goal 5km Pace

The pace that you are training to be able to maintain for each kilometre of your upcoming 5km race.

Hard Pace

The pace that you can currently run all kilometres of a 5km. breathing is starting to become laboured but sustainable for longer distances.

Very Hard Pace

Pace that can only be held for 1.5km-2km if required. Breathing is laboured and leg muscles are being pushed. You need to concentrate to keep this pace.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Stretch & Strengthen	1km easy or walk Hard pace	20min Crosstraining	1 km run + strength Easy pace	Rest	30min Crosstraining	2km run/walk Very hard pace
2	Stretch & Strengthen	1km easy or walk Hard pace	20min Crosstraining	1 km run + strength Easy pace	Rest	30min Crosstraining	2km run/walk Very hard pace
3	Stretch & Strengthen	2km easy or walk Hard pace	20min Crosstraining	1 km run + strength Easy pace	Rest	30min Crosstraining	3km run/walk Very hard pace
4	Stretch & Strengthen	2km easy or walk Hard pace	20min Crosstraining	1 km run + strength Easy pace	Rest	35min Crosstraining	3km run/walk Very hard pace
5	Stretch & Strengthen	3km easy or walk Hard pace	25min Crosstraining	2km run + strength Very hard pace	Rest	35min Crosstraining	4km run/walk Easy pace
6	Stretch & Strengthen	3km easy or walk Hard pace	25min Crosstraining	2km run + strength Very hard pace	Rest	35min Crosstraining	4km run/walk Easy pace
7	Stretch & Strengthen	4km easy or walk Hard pace	25min Crosstraining	2km run + strength Very hard pace	Rest	35min Crosstraining	5km run/walk Easy pace
8	Stretch & Strengthen	4km easy or walk Hard pace	25min Crosstraining	2km run + strength Very hard pace	Rest	40 min Crosstraining	5km run/walk Easy pace
9	Stretch & Strengthen	4km easy or walk Hard pace	30min Crosstraining	3km run + strength Very hard pace	Rest	40min Crosstraining	5km run/walk Easy pace
10	Stretch & Strengthen	4km easy Hard pace	30min Crosstraining	3km run + strength Very hard pace	Rest	40min Crosstraining	5km run Easy pace
11	Stretch & Strengthen	5km easy Hard pace	30min Crosstraining	3km run + strength Very hard pace	Rest	40min Crosstraining	6km run Easy pace
12	Stretch & Strengthen	5km easy Hard pace	30min Crosstraining	3km run + strength Very hard pace	Rest	40min Crosstraining	6km run Easy pace
13	Stretch & Strengthen	5km easy Easy pace	35min Crosstraining	3km run + strength Very hard pace	Rest	50min Crosstraining	6km run Easy pace
14	Stretch & Strengthen	5km easy Hard pace	35min Crosstraining	3km run + strength Very hard pace	Rest	50min Crosstraining	6km run Easy pace
15	Stretch & Strengthen	5km easy Easy pace	40min Crosstraining	3km run + strength Very hard pace	Rest	60min Crosstraining	6km run Easy pace
16	Stretch & Stretch & Strengthen	5km easy Hard pace	40min Crosstraining	3km run + strength Very hard pace	Rest	60min Crosstraining	6km run Easy pace
17	Stretch & Strengthen	5km easy Hard pace	45min Crosstraining	3km run + strength Very hard pace	Rest	60min Crosstraining	6km run Easy pace
18	Stretch & Strengthen	5km easy Easy pace	30min Crosstraining	3km run Very hard pace	Rest	Rest	RACE DAY 5km Goal pace