

12 Week **Marathon** general training plan for:
www.runwalk.co.nz
www.aucklandmarathon.co.nz

	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug
Running (minutes)		30		30			55
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Easy Week to kick things off						

Easy: Conversation Pace
 Moderate: Broken Conversation Pace
 Hard: One word only pace
 Very Hard: Can't talk after 2min

Developed by Coach Brendon Downey
 Need a personal plan? email me:
brendon@marathontraining.co.nz
 021-190 0536

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	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug
Running (minutes)		30		30			12km
Specific Info		Easy Flat		Undulating			Run & Walk
Other Training							
Other Stretching							
Notes:	Keep it nice and easy						

Easy: Conversation Pace
 Moderate: Broken Conversation Pace
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	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug
Running (minutes)		30		35			60
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Steady Week						

Easy: Conversation Pace
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	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
Running (minutes)		35		35			70
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Should feel like you are training now						

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	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
Running (minutes)		35		30			14km
Specific Info		Easy Flat		Undulating			Run & Walk
Other Training							
Other Stretching							
Notes:	Recovery Week Don't Increase Your Pace						

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	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
Running (minutes)		30		40			75
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Long run is a key workout, run slow but do the distance						

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	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Running (minutes)		40		40			85
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Big week look after yourself						

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	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
Running (minutes)		35		30			16km
Specific Info		Easy Flat		Undulating			Run & Walk
Other Training							
Other Stretching							
Notes:	This week should give you a little speed, don't go too hard!						

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	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
Running (minutes)		30		40			90-100
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Massive week do less if you need to ensure you can do the longer session						

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	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
Running (minutes)		40		45			80
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Almost there. Long session is the last important session.						

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	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
Running (minutes)		30		35			40
Specific Info		Easy Flat		Undulating			Easy Undulating
Other Training							
Other Stretching							
Notes:	Need to start to feel fresh, don't do extra training!						

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	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
Running (minutes)		15		10			Half Marathon
Specific Info		Easy Flat		Easy Flat		Easy 10min	Go for it!
Other Training							
Other Stretching							
Notes:	Good Luck and Have Fun!						

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