

**Lion Foundation Rotorua Marathon  
Walkers training program**

|         |                               | SUN                | MON                    | TUE   | WED   | THU   | FRI  | SAT                   |
|---------|-------------------------------|--------------------|------------------------|-------|-------|-------|------|-----------------------|
| Week 1  | 27th Dec 09 to<br>2nd Jan 10  | Easy walk<br>60min | Cross Train or<br>Rest | 45min | 40min | 60min | Rest | Long walk -<br>100min |
| Week 2  | 3rd Jan 10 to<br>9th Jan 10   | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 45min | 60min | Rest | Long walk -<br>120min |
| Week 3  | 10th Jan 10 to<br>16th Jan 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 45min | 60min | Rest | Long walk -<br>120min |
| Week 4  | 17th Jan 10 to<br>23rd Jan 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 45min | 60min | Rest | Long walk -<br>100min |
| Week 5  | 24th Jan 10 to<br>30th Jan10  | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 60min | 60min | Rest | Long walk -<br>120min |
| Week 6  | 31st Jan 10 to<br>6th Feb 10  | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 60min | 60min | Rest | Long walk -<br>140min |
| Week 7  | 7th Feb 10 to<br>13th Feb 10  | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 60min | 60min | Rest | Long walk -<br>160min |
| Week 8  | 14th Feb 10 to<br>20th Feb 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 45min | 60min | Rest | Long walk -<br>100min |
| Week 9  | 21st Feb 10 to<br>27th Feb 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 75min | 60min | Rest | Long walk -<br>180min |
| Week 10 | 28th Feb 10 to<br>6th Mar 10  | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 90min | 60min | Rest | Long walk -<br>200min |

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| Week 11 | 7th Mar 10 to<br>13th Mar 10  | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 115min | 60min       | Rest | Long walk -<br>220min |
| Week 12 | 14th Mar 10 to<br>20th Mar 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 60min  | 60min       | Rest | Long walk -<br>100min |
| Week 13 | 21st Mar 10 to<br>27th Mar 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 120min | 60min       | Rest | Long walk -<br>240min |
| Week 14 | 28th Mar 10 to<br>3rd Apr 10  | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 130min | 60min       | Rest | Long walk -<br>250min |
| Week 15 | 4th Apr 10 to<br>10th Apr 10  | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 135min | 60min       | Rest | Long walk -<br>270min |
| Week 16 | 11th Apr 10 to<br>17th Apr 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 90min  | 60min       | Rest | Long walk -<br>150min |
| Week 17 | 18th Apr 10 to<br>24th Apr 10 | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 75min  | 60min       | Rest | Long walk -<br>115min |
| Week 18 | 25th Apr 10 to<br>MARATHON    | Easy walk<br>60min | Cross Train or<br>Rest | 60min | 30min  | Easy 30 min | Rest | MARATHON              |