



Six week

RUNNING SCHEDULE

WEEKS
260:



6 WEEKS

5 WEEKS

4 WEEKS

3 WEEKS

2 WEEKS

1 WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
February 6 REST	7 30 min*	8 20 min	9 30 min	10 REST	11 20 min	12 30 min
February 13 REST	14 35 min*	15 20 min	16 35 min	17 REST	18 20 min	19 40 min
February 20 REST	21 40 min*	22 20 min	23 40 min	24 REST	25 20 min	26 50 min
February 27 REST	28 40 min*	29 20 min	March 1 40 min	2 REST	3 20 min	4 60 min
March 5 REST	6 40 min*	7 20 min	8 40 min	9 REST	10 20 min	11 40 min
March 12 REST	13 30 min*	14 20 min	15 20 min	16 REST	17 20 min	18 Ports of Auckland Round the Bays 2012

*Train at the **Auckland Joggers Club** www.joggers.co.nz

Notes for Ports of Auckland Round the Bays Running Training Schedule:

All activity in this schedule is either running at a comfortable pace or walking. It is quite OK to punctuate your running with walking breaks to recover a little. Volume is gradually increased over 4 weeks. The last week of the schedule is easier to freshen up for the big day.

All running should be aerobic i.e. you should be able to hold a conversation while running. If you find

yourself struggling, walk for several minutes to get your heart rate down a bit and then resume running. Depending on levels of fitness some may actually spend more time walking than running! This is quite OK but as fitness increases over a period of weeks, you will gradually find yourself running more and walking less. The secret is summed up in a quote from the great Arthur Lydiard. "TRAIN, DON'T STRAIN."

Those with good levels of fitness already probably won't have any trouble running continuously for the periods of time recommended in the schedule. It is quite OK to swap Sat and Sun around for convenience on the weekends.

Good training!