



6 WEEK RUNNING SCHEDULE

WEEKS 2 GO

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
February >> 1 REST	2 30 min*	3 20 min	4 30 min	5 REST	6 20 min	7 30 min	05
February >> 8 REST	9 35 min*	10 20 min	11 35 min	12 REST	13 20 min	14 40 min	04
February >> 15 REST	16 40 min*	17 20 min	18 40 min	19 REST	20 20 min	21 50 min	03
February >> 22 REST	23 40 min*	24 20 min	25 40 min	26 REST	27 20 min	28 60 min	02
March >> 1 REST	2 40 min*	3 20 min	4 40 min	5 REST	6 20 min	7 40 min	01
March >> 8 REST	9 30 min*	10 20 min	11 20 min	12 REST	13 20 min	14 POA Round the Bays	00

*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!