

The YMCA Auckland Marathon Club's Credentials



The Auckland YMCA Marathon Club is New Zealand's foremost marathon running and walking club and has been since 1977. We have one purpose... to help runners and walkers, just like you, achieve your distance running and walking goals.

Every new member who has followed our training programme, since we were founded, has successfully made it across the finish line of their first marathon or half-marathon.

Our secret, in achieving this remarkable feat, is our group running system which follows Arthur Lydiard's (Coach of double Olympic gold medallist Peter Snell) formula "that long, even-pace running at a strong speed produces increased strength and endurance... and is beneficial to regular competition." And that running in a group is fun.

Pace Groups

Each group runs at a set pace and you choose the group best suited to your ability and fitness level (we will give you some guidance in choosing your group the first time you run with us). Times in minutes per kilometre

- Rat Pack - keep up if you can, sub 4:30/km
- 5:00
- 5:15
- 5:30
- 5:45
- 6:00
- 6:15
- 6:30
- 7:00
- 8:00 (walkers)
- 8:15 (walkers)
- 9:00 (walkers)
- 9:30 (walkers)

Sunday Running & Walking Times

We run & walk every Sunday morning from the YMCA at the corner of Pitt St and Greys Ave in Auckland City. It pays to arrive 15 minutes early to get a park and get changed. We have great showers so bring a towel for after the run too.

- **From May to December...**
 - Runners - 8:00 am
 - Walkers - 7:00 am (from 11 August - 6 October)

Auckland Marathon Build-up

We have a 14 week build-up each year for the [Auckland Marathon](#) on 20 October 2019. The build-up starts on 14 July and includes a seminar for first timers towards the end of the build-up. You can join us before we begin the build-up, we generally run for about 1 ½ hours with lots of water stops and chatter interspersed, before returning to the club for a shower and morning tea.

During build-up (see *the [Programs Page](#)*) we run set distances which start at 21km and build up to 33km for marathon training. Most groups also have a sub-group for those who are running the half marathon and they run a shorter distance each Sunday - so if 33km sounds intimidating, don't worry!

<http://ymcamarathon.org.nz/~ymmaracl/club-programs/>

Don't worry if our distance sounds a lot more than you're used to or you're worried about holding the pack up - we stop for water every half hour and traffic lights are always a great place for stragglers (of which there are many!) to catch up. Plus there is always another group behind.

First-timers often say they ran further than they expected on their first time with us, but found it much easier than they expected.

You'll find we're very supportive and you'll be amazed at how quickly you adapt to the longer distances.

Club Membership

Membership is \$90.00 p.a. (including GST) from 01 April to 31 March the following year.

When you first join you will also need to buy a club singlet (\$50.00) or t-shirt (55.00). Club uniform is required for Sunday pack runs