

16 Week Beginner – ASB Auckland Marathon Training Program



- First 4 weeks base build focus
- To begin this Training Program you should be able to comfortably run for **2hrs or 21km non-stop**
- Finish your session with **5-10 mins of foam rolling and stretching**

KEY:

Lower Aerobic (L.A) - breathing should be nice and even and you should be able to hold a conversation.

Mid Aerobic (M.A) - breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk

Upper Aerobic (U.A) - your breathing will be a bit more laboured, and you should still be able to get a few words out, but not a whole sentence.

MARATHON PACED RUNNING (M.P) - the pace you will be aiming for on Race Day

HALF MARATHON PACED RUNNING (H.M.P) - Your Half Marathon race pace for the purpose of marathon training



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Focus
Week 1	Mon, 13 Jul	Tue, 14 Jul	Wed, 15 Jul	Thu, 16 Jul	Fri, 17 Jul	Sat, 18 Jul	Sun, 19 Jul	
August	8km L.A	8km @ M.A		8km M.A		16km M.A		<i>Base Build 3wks load, 1 week easy</i>
Week 2	Mon, 20 Jul	Tue, 21 Jul	Wed, 22 Jul	Thu, 23 Jul	Fri, 24 Jul	Sat, 25 Jul	Sun, 26 Jul	
August	8km L.A	10km @ M.A		10km M.A		18km M.A	5km Flush Run L.A	<i>Base Build</i>
Week 3	Mon, 27 Jul	Tue, 28 Jul	Wed, 29 Jul	Thu, 30 Jul	Fri, 31 Jul	Sat, 1 Aug	Sun, 2 Aug	
August	8km L.A	12km M.A		10km M.A		20km M.A	5km Flush Run L.A	<i>Base Build</i>
Week 4	Mon, 3 Aug	Tue, 4 Aug	Wed, 5 Aug	Thu, 6 Aug	Fri, 7 Aug	Sat, 8 Aug	Sun, 9 Aug	

September	Rest Day	10km @ M.A		10km M.A		12km M.A	Rest Day	<i>Easy</i>
Week 5	Mon, 10 Aug	Tue, 11 Aug	Wed, 12 Aug	Thu, 13 Aug	Fri, 14 Aug	Sat, 15 Aug	Sun, 16 Aug	
September	Rest Day	8km Undulating @ M.A	X-Training Day (try a class - Pilates, Yoga or strength)	5km Flat - 2.5km @ M.A/2.5km @ U.A	Complete day off from exercise	2 hrs Run L.A. Slow down the pace if need be so that you can complete the distance comfortably. Practice your pre-run breakfast and on the run fuelling and hydration.	Active Rest day - anything but running	<i>Load</i>
Week 6	Mon, 17 Aug	Tue, 18 Aug	Wed, 19 Aug	Thu, 20 Aug	Fri, 21 Aug	Sat, 22 Aug	Sun, 23 Aug	
September	6km L.A	8km Undulating @ M.A	X-Training Day	5km Flat - 2.5km @ M.A/2.5km @ U.A	Complete day off from exercise	2 hrs 15 mins L.A. Practice your pre-run breakfast and on the run fuelling and hydration.	Active Rest day	<i>Load</i>
Week 7	Mon, 24 Aug	Tue, 25 Aug	Wed, 26 Aug	Thu, 27 Aug	Fri, 28 Aug	Sat, 29 Aug	Sun, 30 Aug	
September	Rest Day	8km Undulating @ M.A	X-Training Day	8km Flat L.A	Complete day off from exercise	14km with last 4km @ M.P	Active Rest day	<i>Off-Load</i>
Week 8	Mon, 31 Aug	Tue, 1 Sep	Wed, 2 Sep	Thu, 3 Sep	Fri, 4 Sep	Sat, 5 Sep	Sun, 6 Sep	
September	6km L.A	10km Undulating @ M.A	X-Training Day	6km Flat - 2km @ M.A/3km @ U.A/ 1km @ M.A	Complete day off from exercise	2 hrs 30 mins Run L.A-M.A. Aim for consistent pacing and focus on your fuelling/hydration requirements	Active Rest day	<i>Load</i>
Week 9	Mon, 7 Sep	Tue, 8 Sep	Wed, 9 Sep	Thu, 10 Sep	Fri, 11 Sep	Sat, 12 Sep	Sun, 13 Sep	

October	6km L.A	10km Undulating @ M.A	X-Training Day	6km Flat - 2km @ M.A/3km @ U.A/ 1km @ M.A	Complete day off from exercise	2 hrs 45 mins Run L.A-M.A	Active Rest day	Load
Week 10	Mon, 14 Sep	Tue, 15 Sep	Wed, 16 Sep	Thu, 17 Sep	Fri, 18 Sep	Sat, 19 Sep	Sun, 20 Sep	
October	Rest Day	10km Undulating @ M.A	X-Training Day	5km @ H.M.P - 30sec/km	Complete day off from exercise	16km M.A with 4km in middle @ H.M.P	Active Rest day	Off-Load/ Race Focus
Week 11	Mon, 21 Sep	Tue, 22 Sep	Wed, 23 Sep	Thu, 24 Sep	Fri, 25 Sep	Sat, 26 Sep	Sun, 27 Sep	
October	8km L.A	12km Undulating @ M.A	X-Training Day	12km Flat @ M.A @ 2km in the middle @ U.A	Rest Day. Prepare for 3hr run tomorrow - clothing, fuel/hydration, recovery	3 hrs of comfortable, easy running L.A-M.A. Slow down the pace if need be so that you can complete the distance comfortably. Practice your pre-run breakfast and on the run fuelling and hydration.	Active Rest day	Load
Week 12	Mon, 28 Sep	Tue, 29 Sep	Wed, 30 Sep	Thu, 1 Oct	Fri, 2 Oct	Sat, 3 Oct	Sun, 4 Oct	
October	6km L.A	8km Undulating @ M.A	X-Training Day	8km Flat @ L.A	Complete day off from exercise	14km M.A with 2km finish @ H.M.P	Active Rest day	Easy Week
Week 13	Mon, 5 Oct	Tue, 6 Oct	Wed, 7 Oct	Thu, 8 Oct	Fri, 9 Oct	Sat, 10 Oct	Sun, 11 Oct	
October	8km L.A	12km Undulating @ M.A	X-Training Day	12km Flat @ M.A @ 2x1km in the middle @ H.M.P	Rest Day. Prepare for 3hr run tomorrow - clothing, fuel/hydration, recovery	3 hrs of comfortable, easy running L.A-M.A. This is your last long run prior to Race Day. Use this day to ensure you have your breakfast and on the run fuelling and hydration down to a fine art	Active Rest day	Build

Week 14	Mon, 12 Oct	Tue, 13 Oct	Wed, 14 Oct	Thu, 15 Oct	Fri, 16 Oct	Sat, 17 Oct	Sun, 18 Oct
October	Rest Day	8km L.A	X-Training Day	12km Flat @ M.A @ 2x1km in the middle @ H.M.P	Complete day off from exercise	18-21km @ M.A	Active Rest day <i>Taper</i>
Week 15	Mon, 19 Oct	Tue, 20 Oct	Wed, 21 Oct	Thu, 22 Oct	Fri, 23 Oct	Sat, 24 Oct	Sun, 25 Oct
October	8km L.A	12km Undulating @ M.A	X-Training Day	6km Flat - 3km @ M.A/3km @ U.A	Complete day off from exercise	12-14km M.A with 2km finish @ H.M.P	Active Rest day <i>Taper</i>
Week 16	Mon, 26 Oct	Tue, 27 Oct	Wed, 28 Oct	Thu, 29 Oct	Fri, 30 Oct	Sat, 31 Oct	Sun, 1 Nov
October	40 mins L.A. Spend 10-15 mins stretching at the end	40min Run M.A with 1km at the end @ U.A	Complete Rest Day	40min Run L.A	Complete day off from exercise	Rest day. Have an easy 20 mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day	ASB Auckland Marathon <i>Race Week</i>