



The YMCA Auckland Marathon Club

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 that 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.

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 19 August - 21 October)

Pace Groups

Each pack runs at a set pace and you choose the pack best suited to your ability and fitness level. 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)

ASB Auckland Marathon Build-up

The Club follows a 14 week build-up towards the ASB Auckland Marathon on 28 October 2018. The build-up starts on 15 July with a 'prebuild-up' run over 3 of Auckland's favourite peaks. A seminar for first-timers is included towards the end of the build-up program. Your welcome to join us at our weekly runs before we begin the build up, where 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 packs also have a sub-group for those not wanting to do the full marathon build-up and they run a shorter distance each Sunday - so if 33km sounds intimidating, don't worry!

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.


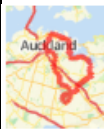

Club Membership







Membership is \$90.00 p.a. (includes 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 compulsory for Sunday pack runs

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

→ Marathon Build-up Training Routes


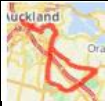
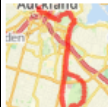

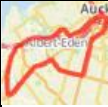

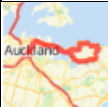


Map	Description
	<p>15 July: Pre-Build-up; 23km Three Peaks, Pitt St to Mt. Eden, then One Tree Hill and Mt. Hobson. Oh and don't forget to bounce over Mt. St. John.</p> <p>http://www.mapmyrun.com/routes/fullscreen/473101476/</p>
	<p>22 July: Week 01; 21 km. Right into K Rd and Great North Rd. Left into Bond St to Kingsland. Along Sandringham Rd, left into Stoddard and right into May Rd. Left along Richardson Rd to Dominion Rd Ext. Hillsborough Rd to Three Kings Reserve. Right into Mt Eden Rd and home via Symonds Street.</p> <p>http://www.mapmyrun.com/routes/fullscreen/259990967/</p>
	<p>29 July: Week 02; 22km. Down Vincent and Albert Sts to Quay St. Right over The Strand Railway Overbridge, up Gladstone Rd to Brighton Rd. Left into Shore Rd and up Upland Rd to a right at Remuera Rd. Left onto Great South Rd, left at Atarangi Rd to Cornwall Park. Clockwise around One Tree Hill and back out along Pohutukawa Dr. Across Greenlane Rd to Puriri Dr, right onto Manukau Rd. Weave through Kipling Ave, Gilles Ace and Owens Rd to Mountain Rd. Cross to Park Rd, past the Hospital and Grafton Bridge to The Y.</p> <p>http://www.mapmyrun.com/routes/fullscreen/259993711/</p>
	<p>05 August: Week 03; 24km. Pitt St, K Rd and across Grafton Bridge. Right onto Grafton Rd to Khyber Pass Rd, left onto New North Rd and Dominion Rd. Right at St Lukes, then left for New North Rd. Blockhouse Bay Road and Great North Rd to Pt Chevalier rd. Out to Coyle park and home via Walford, Meola, West End and Ponsonby Roads.</p> <p>http://www.mapmyrun.com/routes/fullscreen/259997343/</p>
	<p>12 August: Week 04; 26km. Hobson St to Quay St and along Tamaki Dr. St Heliers Bay Rd to St Johns and back through Remuera, Newmarket, the Domain and Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/259998991/</p>
	<p>19 August: Week 05; 27 km K Rd to Western Springs, along the NW motorway and back along Rosebank Rd to Avondale, New North Rd to Mt Albert, Balmoral Rd, along Manukau Rd and home through Newmarket and Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/260001769/</p>
	<p>26 August: Week 06; 29km. K Rd to Ponsonby, down College Hill, along Quay St, up Gladstone to Newmarket, up Remuera Rd, down Upland Rd, across Orakei Rd, up Kupa Rd to Kupe Rd. Weave through Hawaki, Ngake St and Reihana Sts to the waterfront. Back along Tamaki Dr to Victoria Park and up THAT College Hill again, home through Ponsonby.</p> <p>http://www.mapmyrun.com/routes/fullscreen/260017315/</p>


	<p>02 September: Week 07; 29km. Through The Domain, Broadway and Manukau Rd. Along Puriri Drive and out to Greenlane. Make your way through Ellerslie to the Ellerslie-Panmure Highway. Loop the Panmure basin and head for home via Lunn Ave, Marua Rd, Ladies Mile and Remuera Rd. Then retrace your steps through Newmarket and The Domain.</p> <p>http://www.mapmyrun.com/routes/fullscreen/260025193/</p>
	<p>09 September: Week 08; 32km. Through The Domain, Broadway and Manukau Rd. Along Puriri Drive and cross the road into Cornwall Park. Enjoy Twin Oaks, Grand Drs and the downhill to Onehunga Mall. Cross the bridge and follow Kiwi Esplanade and circumnavigate Mangere Mountain. Back across the bridge, turn left to Orpheus Dr, use the footbridge and up Arthur St. Then its Normans Hill Rd and Manukau R back to the Domain and home.</p> <p>http://www.mapmyrun.com/routes/fullscreen/260032659/</p>
	<p>16 September: Week 09; 26.5km. Start from the North Shore YMCA on Akoranga Drive, right into Nortcote Rd, right again into Taharoto Rd, Anzac St, Burns Ave, Bracken Ave and along Lake Rd to Mt Victoria. Keep right along Albert Rd, then Victoria Rd to the starting place of the Auckland Marathon on King Edward Parade. Follow the Marathon route back to Smales Farm, stay off the Busway and head along The Avenue and head back to the YMCA. Drop off the half marathoners and continue to College Rd, loop right through Exmouth Rd, Sylvan Ave, Onewa Rd and back to the YMCA via Lake and Northcote Rds.</p> <p>http://www.mapmyrun.com/routes/fullscreen/260037451/</p>
	<p>23 September: Week 10; 31 km. Titirangi, here we come! Remember, <i>Hills are my friend</i>. Start at Pitt St, along Great North Rd all the way to Titirangi Rd, down Godley Rd, right into Donovan St, veer onto White Swan Rd, right on Richardson Rd and head for home along Dominion Rd, New North Rd and Symonds St.</p> <p>http://www.mapmyrun.com/routes/fullscreen/260040019/</p>
	<p>30 September: Week 11; 27km. Head the long way to the Domain via K Rd, Symonds St, Khyber Pass Rd and Park Rd. Along Domain Dr, right onto Broadway, through Newmarket, and along the Great South Rd to Rockfield Rd. Oranga Ave then climb Rawhiti to Cornwall Park. Head to the Observatory and turn left out onto Manukau Rd. A sharp right onto Mt Albert Rd and follow Hillsborough Rd, Richardson Rd and head for home along Dominion Rd, New North Rd and Symonds St.</p> <p>http://www.mapmyrun.com/routes/fullscreen/261561395/</p>
	<p>07 October: Week 12; 32km. Down Vincent and Albert Sts to Quay St. Along Tamaki Dr to St Heliers. Up Cliff Rd and loop to Riddell (optional extra around Clover Park for the keen) and along Maskill St. St Heliers Bay Rd, Apirana Ave through Glen Innes to Pilkington Rd. Around Jellicoe Rd to Panmure Hwy and turn for home via Lunn Ave, Abbotts Way, Ladies Mile, Remuera Rd, Broadway and The Domain before crossing Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/261565537/</p>
	<p>14 October: Week 13; 26 km. Right onto K Rd and then again for Ponsonby Rd. Onto Jervois Rd and down West End Rd. Left at Garnett Rd and onto Meola Rd, right at Pt Chevalier Rd. Cross the motorway and head to Greenlane via Carrington, Mt Albert and Campbell Rds. Turn for home along Great South Road, Braodway and the usual trek through The Domain and Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/261570835/</p>

	<p>21 October: Week 14; 16 km. Right onto K Rd and then again for Ponsonby Rd. Onto Jervois Rd and down Curran St, under the bridge to follow the Auckland Marathon course for a loop around Victoria Park. Weave through the Viaduct to Quay St. Right at The Strand, along Stanley St, climb Grafton Rd and back home via Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/261581487/</p>
	<p>Sunday 28 October: The Big One – ASB Auckland Marathon</p>

→ Half Marathon Build-up Training Routes

Map	Description
	<p>15 July: Pre-Build-up; 14.5km Two Peaks, Pitt St to Mt. Eden, out onto Owens, cut through Melville Park to Market Rd. Up and over Mt. Hobson and head for home via Remuera Rd, Broadway, Domain Dr and Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080763095/</p>
	<p>15 July: Pre-Build-up; 12.7km Two Peaks (Shorter version), Pitt St to Mt. Eden, out onto Owens to Manukau Rd, Mt St John Ave and left at Market Rd. Up and over Mt. Hobson and head for home via Remuera Rd, Broadway, Khyber Pass Rd, Park Rd and Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080772569/</p>
	<p>22 July: Week 01; 11 km. Right into K Rd and Great North Rd. Left into Bond St to Kingsland. Along Sandringham Rd, left into Balmoral Rd. Left into Mt Eden Rd and home via Symonds Street.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080718914/</p>
	<p>29 July: Week 02; 11.5km. Down Vincent and Albert Sts to Quay St. Right over The Strand Railway Overbridge, up Gladstone Rd to Brighton Rd. Left into Shore Rd and along Arney Rd to a right at Remuera Rd. Back to The Y via Broadway, Khyber Pass Rd, Symonds St and K Rd.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080721770/</p>
	<p>05 August: Week 03; 12km. Pitt St, K Rd and across Grafton Bridge. Right onto Grafton Rd to Khyber Pass Rd, left onto New North Rd and Dominion Rd. Right at St Lukes Rd through to Great North Rd. Back to the Y along Great North Rd, battling Chinaman's Hill along the way.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080725838/</p>
	<p>12 August: Week 04; 13km. Hobson St to Quay St and along Tamaki Dr. Turn right at Ngapipi Rd and head for Orakei Rd, Shore Rd, Ayr St and home through Domain Dr and Grafton Bridge</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080728898/</p>
	<p>19 August: Week 05; 14.5km K Rd to Pt. Chevalier. Across the motorway and down to Great North Rd. Turn left to cross the new footbridge into Unitec. Turn right and work your way around Unitec to a left onto Carrington Rd. Back to Pt Chevalier, turn right and retrace your steps to the Y.</p>

	http://www.mapmyrun.com/routes/fullscreen/260001543/
	<p>26 August: Week 06; 16km. K Rd to Ponsonby, down College Hill, along Quay St, up Gladstone Rd to Canterbury Pl. Left into St Stephens Ave and down to the waterfront. Left Along Tamaki Dr to Victoria Park and up THAT College Hill again, home through Ponsonby.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080738678/</p>
	<p>02 September: Week 07; 16.5km. Through The Domain, Broadway and Manukau Rd. Along Puriri Drive and out to Green Lane W. Make your way through to Greenlane, across the motorway to Green lane E to Remuera Rd. Left at Remuera Rd, then retrace your steps through Newmarket and The Domain.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080746805/</p>
	<p>09 September: Week 08; 17.7km. Through The Domain, Broadway and Manukau Rd. Along Puriri Drive and cross the road into Cornwall Park. Enjoy Twin Oaks, Grand Drs, follow Bollard Ave to the Observatory. Turn right onto Manukau Rd back to the Domain and home.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080751464/</p>
	<p>16 September: Week 09; 19km. Start from the North Shore YMCA on Akoranga Drive, right into Nortcote Rd, right again into Taharoto Rd, Anzac St, Burns Ave, Bracken Ave and along Lake Rd to Mt Victoria. Keep right along Albert Rd, then Victoria Rd to the starting place of the Auckland Marathon on King Edward Parade. Follow the Marathon route back to Smales Farm, stay off the Busway and head along The Avenue and head back to the YMCA.</p> <p>http://www.mapmyrun.com/routes/fullscreen/260036567/</p>
	<p>23 September: Week 10; 18.5 km. Start at Pitt St, along Great North Rd veer onto Blockhouse Bay Rd, left on New North Rd, right to St Lukes and head for home along Dominion Rd, New North Rd and Symonds St</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080754134/</p>
	<p>30 September: Week 11; 18.8km. Head the long way to the Domain via K Rd, Symonds St, Khyber Pass Rd and Park Rd. Along Domain Dr, right onto Broadway, through Newmarket, and along the Great South Rd to Campbell Rd. Right into Cornwall Park at Bollard Ave. Right along Twin Oaks, across Green lane W to Puriri Dr and Manukau Rd. Follow you nose back to Newmarket and Domain Dr. After hospital hill, take the shortest route home over Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080756639/</p>
	<p>07 October: Week 12; 20km. Down Vincent and Albert Sts to Quay St. Along Tamaki Dr to Kohimarama Rd. Right into Kepa Rd and along to Ngapipi R and left back out onto Tamaki Dr. Retrace your steps back to the Y.</p> <p>http://www.mapmyrun.com/routes/fullscreen/2080759147/</p>
	<p>14 October: Week 13; 18 km. (No Change) Right onto K Rd and then again for Ponsonby Rd. Onto Jervois Rd and down West End Rd. Left at Garnett Rd and onto Meola Rd, right at Pt Chevalier Rd. Cross the motorway and head to Sandringham via Carrington and Mt Albert Rds. Turn left onto Sandringham Rd and head back to The Y through New North Rd and Symonds St.</p> <p>http://www.mapmyrun.com/routes/fullscreen/261569259/</p>
	<p>21 October: Week 14; 15 km. (No Change)</p>

	<p>Right onto K Rd and then again for Ponsonby Rd. Onto Jervois Rd and down Curran St, under the bridge to follow the Auckland Marathon course through the Viaduct to Quay St. Right at The Strand, along Stanley St, climb Grafton Rd and back home via Grafton Bridge.</p> <p>http://www.mapmyrun.com/routes/fullscreen/261576987/</p>
	<p>Sunday 28 October: The ASB Auckland Half Marathon 2018</p>