

**The 2017 Gisborne Herald Quarter Marathon and 5.6Km Fun Run Training Schedule**  
**Sunday 5 November, Marina Park**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>  <b>25 Oct</b>	5 min walk 10 min fast walk 10 - 15 min jog 5 min fast walk 5 min walk <b>= 35 - 40 min</b>	<b>Rest</b>	5 min walk 10 min fast walk 15 - 20 min jog 10 min fast walk 5 min walk <b>= 45 - 50 min</b>	5 min walk 10 min fast walk 15 - 20 min jog 5 min walk <b>= 35 - 40 min</b>	<b>Rest</b>	5 min walk 10 min fast walk 15 - 20 min jog 5 min fast walk 5 - 10 min jog 5 min walk <b>= 45 - 50 min</b>	5 min walk 10 min fast walk 10 - 15 min jog 5 min fast walk 5 min walk <b>= 35 - 40 min</b>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2</b>  <b>2 Oct</b>	<b>Rest</b>	5 min walk 10 min fast walk 10 - 15 min jog 5 min fast walk 5 min walk <b>= 35 - 40 min</b>	5 min walk 10 min fast walk 15 - 20 min jog 5 min fast walk 5 min walk <b>= 40 - 45 min</b>	5 min walk 10 min fast walk 10 - 15 min jog 5 min fast walk 5 min walk <b>= 35 - 40 min</b>	<b>Rest</b>	5 min walk 10 min fast walk 15 - 20 min jog 5 min fast walk 5 min run 5 min jog 5 min walk <b>= 50 - 55 min</b>	5 min walk 10 min fast walk 10 - 15 min jog 5 - 10 min fast walk walk 5 min walk <b>= 35 - 45 min</b>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3</b>  <b>9 Oct</b>	<b>Rest</b>	5 min walk 10 min fast walk 10 - 15 min jog 5 - 10 min fast walk walk 5 min walk <b>= 35 - 45 min</b>	5 min walk 10 min fast walk 15 - 20 min jog 5 - 10 min run 5 min walk <b>= 40 - 50 min</b>	5 min walk 10 min fast walk 20 - 25 min jog 5 min fast walk 5 min walk <b>= 45 - 50 min</b>	<b>Rest</b>	5 min walk 10 min fast walk 15 - 20 min jog 5 - 10 min run 5 min jog 5 min walk <b>= 45 - 55 min</b>	5 min walk 10 min fast walk 10 - 15 min jog 5 - 10 min fast walk 5 min walk <b>= 35 - 45 min</b>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4</b> <b>16 Oct</b>	<b>Rest</b>	5 min walk 5 min fast walk 20 - 30 min jog 5 min walk <b>= 35 - 45 min</b>	5 min walk 5 min fast walk 15 - 25 min jog 10 - 15 min run 5 min walk <b>= 40 - 55 min</b>	5 min walk 5 min fast walk 20 - 30 min jog 5 min walk <b>= 35 - 45 min</b>	<b>Rest</b>	5 min walk 5 min fast walk 20 - 30 min jog 5 min walk <b>= 35 - 45 min</b>	5 min walk 5 min fast walk 20 - 30 min jog 10 - 15 min run (race pace) 5 min walk <b>= 45 - 60 min</b>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7</b> <b>23 Oct</b>	<b>LABOUR DAY</b> 10 min walk 10 min fast walk 10 min walk <b>= 30 min</b>	5 min walk 5 min fast walk 20 - 30 min jog 5 min walk <b>= 35 - 45 min</b>	5 min walk 5 min fast walk 15 - 25 min jog 10 - 15 min run 5 min walk <b>= 40 - 55 min</b>	5 min walk 5 min fast walk 20 - 30 min jog 5 min walk <b>= 35 - 45 min</b>	<b>Rest</b>	5 min walk 5 min fast walk 20 - 30 min jog 5 min walk <b>= 35 - 45 min</b>	5 min walk 5 min fast walk 20 - 30 min jog 10 - 15 min run (race pace) 5 min walk <b>= 45 - 60 min</b>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8</b> <b>30 Oct</b>	<b>Rest</b>	5 min walk 20 - 25 min jog 10 min run 5 min walk <b>= 40 - 45 min</b>	<b>Rest</b>	5 min walk 20 - 25 min jog 5 min walk <b>= 30 - 35 min</b>	5 min walk 15 min jog 10 min walk <b>= 30 min</b>	<b>Rest</b>	<b>Quarter Marathon &amp; 5.6km Fun Run Event</b>

If you have done a bit of running before and your fitness level is OK, you can replace all fast walks with a jog. Stretch after each session. Include lower leg, hamstring, thigh and chest stretches. Walk equals a pace which warms you up and increases your breathing slightly. Jog equals light running, conversation is easy. Run equals pace increases but you

are in control of your breathing, talking is still possible. For more information contact Sport Gisborne 06 868 9943.