

Programme Type: Lydiard Style Full Marathon Programme

Training Level: **Intermediate to Advanced**

This Programme is designed for those that are relatively experienced runners with a good level of aerobic conditioning.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should require it during the latter repetitions.

Programme Explained:

This programme is designed to prepare you for either a full marathon and is designed for those with a relatively advanced current level of fitness. It is designed on the Lydiard style of training. If you are unable to complete the required running training during the initial few weeks then you should look to build up to this programme over a number of weeks with long slow distance running.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

Programme Type: Lydiard Style Full Marathon Programme

Conditioning Phase: 4 weeks

Monday

Easy Jog 45 minutes

Tuesday

1-1.5 hours undulating hills

Wednesday

Easy Jog 45 minutes

Thursday

1-1.5 hours undulating hills

Friday

Easy Jog 45 minutes

Saturday

Tempo Session: 10km Steady Running

Sunday

1.5 hours Long Slow Distance Running

Programme Type: Lydiard Style Full Marathon Programme

Anaerobic Development Phase: 4 weeks

Monday

Easy Jog 45 minutes

Tuesday

Interval Session

Warm Up

Easy Jog 10-15 minutes

Exercise

6-8 x 1km

Intensity

Hard

Rest Between Reps

2 minutes

Warm Down

Easy Jog 10 minutes

Wednesday

Easy Jog 45 minutes

Thursday

1-1.5 hours undulating hills

Friday

Easy Jog 45 minutes

Saturday

Interval Session

Warm Up

Easy Jog 10-15 minutes

Exercise

4 x 2km

Intensity

Hard

Rest Between Reps

3 minutes

Warm Down

Easy Jog 10 minutes

Sunday

2 hours Long Slow Distance Running

Programme Type: Lydiard Style Full Marathon Programme

Co-ordination Training: 6 weeks

Monday

Easy Jog 45 minutes

Tuesday

Fartlek

Warm Up

Easy Jog 10-15 minutes

Exercise

30 minutes - 1 minute hard 1 minute easy

Warm Down

Easy Jog 10 minutes

Wednesday

Easy Jog 45 minutes

Thursday

1-1.5 hours

Friday

Easy Jog 45 minutes

Saturday

Racing (10 mile, half marathon) or Time Trials / Tempo Runs

(Reduce distance as get closer to race day)

Sunday

Alternate each week - 2.5 and 1.5 hours Long Slow Distance Running

Programme Type: Lydiard Style Full Marathon Programme

Tapering Phase: 1 week

Monday

Run 30 minutes

Tuesday

Easy Jog 45 minutes

Wednesday

Run 30 minutes

Thursday

Easy Jog 1 hour

Friday

Easy Jog 30 minutes

Saturday

Rest / Light Jog

Sunday

Race Day