



ERODE

Biggest Marathon

By the runners.. For the runners..



ERODE MARATHON 2023

Powered by
Erode Runners

ERODE MARATHON

TRAINING PROGRAM

#Yellowcityrun





**ERODE
MARATHON
2023**
Presented by
Erode Runners

HAVE YOU QUIT RUNNING OR WAITING FOR THE RIGHT TIME TO START ?

Join the Training program by Erode Runners club and
get Marathon ready by **OCTOBER 2023'** .

Program formulated
by our Run Experts



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Erode Runners Club - Training Program for Erode Marathon 2023							
Couch to 5K							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk / Run 10 X (2 Min Walk, 1 Min Run)	Rest Day	Walk / Run 10 X (2 Min Walk, 1 Min Run)	Rest Day	Cross - Training 30 - 45 Minutes www.runtastic.com	Rest Day	Long Run 2.5 Kms (Walk if Needed)
2	Walk / Run 15 X (1 Min Walk, 1 Min Run)	Rest Day	Walk / Run 15 X (1 Min Walk, 1 Min Run)	Rest Day	Cross - Training 30 - 45 Minutes www.runtastic.com	Walk / Run 15 X (1 Min Walk, 1 Min Run)	Long Run 3.2 Kms (Walk if Needed)
3	Walk / Run 15 X (0.5 Min Walk, 1.5 Min Run)	Rest Day	Walk / Run 15 X (0.5 Min Walk, 1.5 Min Run)	Rest Day	Cross - Training 30 - 45 Minutes www.runtastic.com	Walk / Run 15 X (0.5 Min Walk, 1.5 Min Run)	Long Run 4 Kms (Walk if Needed)
4	Walk / Run 10 X (1 Min Walk, 2 Min Run)	Rest Day	Walk / Run 10 X (1 Min Walk, 2 Min Run)	Rest Day	Cross - Training 30 - 45 Minutes www.runtastic.com	Rest Day	5K!
5K to 10K							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest Day	Training Run 3.5 Kms	Training Run 2.5 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 3.5 Kms	Rest Day	Long Run 6.0 Kms (Walk if Needed)
6	Rest Day	Training Run 3.5 Kms	Training Run 2.5 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 3.5 Kms	Rest Day	Long Run 7.0 Kms
7	Rest Day	Training Run 4.5 Kms	Training Run 6.0 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 4.5 Kms	Rest Day	Long Run 8.0 Kms
8	Rest Day	Training Run 4.5 Kms	Training Run 6.0 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 4.5 Kms	Rest Day	10K!
10K to 21K							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest Day	Training Run 5.0 Kms	Training Run 6.5 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 5.0 Kms	Rest Day	Long Run 8.0 Kms
10	Rest Day	Training Run 5.0 Kms	Training Run 6.5 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 5.0 Kms	Rest Day	Long Run 11.0 Kms
11	Rest Day	Training Run 6.5 Kms	Training Run 8.0 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 6.5 Kms	Rest Day	Long Run 13.0 Kms
12	Rest Day	Training Run 6.5 Kms	Training Run 8.0 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 6.5 Kms	Rest Day	Long Run 9.5 Kms
13	Rest Day	Training Run 6.5 Kms	Training Run 8.0 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 6.5 Kms	Rest Day	Long Run 16.0 Kms
14	Rest Day	Training Run 6.5 Kms	Training Run 9.5 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 6.5 Kms	Rest Day	Long Run 14.0 Kms
15	Rest Day	Training Run 6.5 Kms	Training Run 9.5 Kms	Cross - Training 30 - 60 Minutes www.runtastic.com	Training Run 6.5 Kms	Rest Day	Half Marathon!

Disclaimer:

The training and training materials are intended to provide helpful and useful material on the subjects addressed in the training. Erode Runners Club does not provide or purport to provide any medical, health, psychological or professional advice or service or any other personal professional service. Every participant should if necessary seek the advice of a qualified medical practitioner, health professional or other relevant competent professional before trying or using any information, exercises or techniques mentioned above. An individual's level of success will be solely determined by their personal efforts, abilities, and resources.

Run virtually or join us at Railway Institute ground, Erode at 6.00 AM daily

**RUN
DON'T
STOP**