

ERODE

Biggest Marathon

By the runners.. For the runners..



ERODE MARATHON

TRAINING PROGRAM







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'.

Erode Runners Club - Training Program for Erode Marathon 2023							
ouch to 5K	<u> </u>		***				All and a second
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Walk / Run		Walk / Run		Cross - Training		Long Run
1	10 X (2 Min Walk,	Rest Day	10 X (2 Min Walk,	Rest Day	30 - 45 Minutes	Rest Day	2.5 Kms (Walk if
	1 Min Run)		1 Min Run)	l/	www.runtasic.com		Needed)
220	Walk / Run	and control of the	Walk / Run	17 PM-1000007	Cross - Training	Walk / Run	Long Run
2	15 X (1 Min Walk,	Rest Day	15 X (1 Min Walk,	Rest Day	30 + 45 Minutes	15 X (1 Min Walk,	3.2 Kms (Walk if
	1 Min Run)	242050000000000000000000000000000000000	1 Min Run)	**GPV***	www.runtasic.com	1 Min Run)	Needed)
	Walk / Run		Walk / Run		Cross - Training	Walk / Run	Long Run
3	15 X (0.5 Min Walk,	Rest Day	15 X (0.5 Min Walk,	Rest Day	30 - 45 Minutes	15 X (0.5 Min Walk,	4 Kms (Walk if
	1.5 Min Run)		1.5 Min Run)	. 20	www.runtasic.com	1.5 Min Run)	Needed)
	Walk / Run	W-W-0000000000000000000000000000000000	Walk / Run		Cross - Training	26.333.3326.53	55455
4	10 X (1 Min Walk,	Rest Day	10 X (1 Min Walk,	Rest Day	30 - 45 Minutes	Rest Day	5K1
	2 Min Run)	\$\$\$\$\$1,700e111	2 Min Run)	100000000	www.runtasic.com	Store serve	10000
5K to 10K							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
100000		Training Run	Training Run	Cross - Training	Training Run		Long Run
5	Rest Day	3.5 Kms	2.5 Kms	30 - 60 Minutes	3.5 Kms	Rest Day	6.0 Kms (Walk i
2.	10000000	(A) -100 (A)	la constante de la constante d	www.runtasic.com	201000000	30000000	Needed)
	1	Training Run	Training Run	Cross - Training	Training Run	 	Long Run
6	Rest Day	3.5 Kms	2.5 Kms	30 - 60 Minutes	3.5 Kms	Rest Day	7.0 Kms
	Rest day	3.3 na	E.J fills	www.runtasic.com	3.3 Kills	Rest Day	July Breeze
-	+ +	Training Run	Training Run	Cross - Training	Training Run	+	Long Run
7	B- 4 Day			Cross - Training 30 - 60 Minutes		B. + Day	
7.	Rest Day	4.5 Kms	6.0 Kms		4.5 Kms	Rest Day	8.0 Kms
	+			www.runtasic.com			
100	700000,0 <u>0</u> 0000	Training Run	Training Run	Cross - Training	Training Run	ABS720(242)30)	1000
8	Rest Day	4.5 Kms	6.0 Kms	30 - 60 Minutes	4.5 Kms	Rest Day	10K!
				www.runtasic.com		11	
OK to 21K	- W		402	<i>"</i>			
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Training Run	Training Run	Cross - Training	Training Run		Long Run
9	Rest Day	5.0 Kms	6.5 Kms	30 - 60 Minutes	5.0 Kms	Rest Day	8.0 Kms
- 11	- 0		· ·	www.runtasic.com	I	205	i
500	Second	Training Run	Training Run	Cross - Training	Training Run	51-2550G	Long Run
10	Rest Day	5.0 Kms	6.5 Kms	30 - 60 Minutes	5.0 Kms	Rest Day	11.0 Kms
11307		·	Brown Communication of the Com	www.runtasic.com		200000000000000000000000000000000000000	
		Training Run	Training Run	Cross - Training	Training Run		Long Run
11	Rest Day	6.5 Kms	8.0 Kms	30 - 60 Minutes	6.5 Kms	Rest Day	13.0 Kms
9398	11625206316740	679560017	\$1500 page	www.runtasic.com	Management.	\$75W\$074d0	0.0000000000000000000000000000000000000
		Training Run	Training Run	Cross - Training	Training Run	1	Long Run
12	Rest Day	6.5 Kms	8.0 Kms	30 - 60 Minutes	6.5 Kms	Rest Day	9.5 Kms
		W	Marie and	www.runtasic.com			
		Training Run	Training Run	Cross - Training	Training Run	1	Long Run
13	Rest Day	6.5 Kms	8.0 Kms	30 - 60 Minutes	6.5 Kms	Rest Day	16.0 Kms
		W.W. C	3636.134114	www.runtasic.com			
	-	Training Run	Training Run	Cross - Training	Training Run	+	Long Run
14	Rest Day	6.5 Kms	9.5 Kms	30 - 60 Minutes	6.5 Kms	Rest Day	14.0 Kms
Are	Rest Day	O.J Miles	3.3 MHz	www.runtasic.com	6.3 Kills	Rest Day	AT-U mins
	-	- tales Dom	Totalian Rum	-	Talalan Dum	+	
15	Rest Day	Training Run 6.5 Kms	Training Run	Cross - Training	Training Run	The second second	
			9.5 Kms	30 - 60 Minutes	6.5 Kms	Rest Day	HalfMarathon

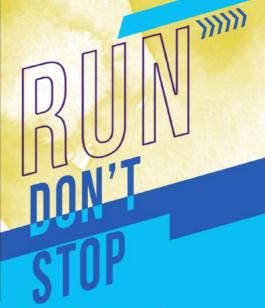
Program formulated by our Run Experts



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