



Absa Marathon 2025 – Training Tips for Every Runner

Date: 6 September 2025

Distances: 42km | 21km | 10km | 5km

Whether you're a first-time runner or an experienced one, smart preparation is key. Here's your guide to getting ready, staying healthy, and performing well on race day.

HEALTH TIPS

1. Medical Clearance:

- If you're new to running or have a medical condition, consult your doctor before starting training.

2. Listen to Your Body:

- Pain is a warning sign. Rest if you're experiencing persistent aches or fatigue.

3. Hydration:

- Start hydrating daily — not just during runs. Aim for 2-3 litres of water per day, more if you're training in the heat.

4. Sleep:

- Aim for 7–8 hours of quality sleep every night for muscle recovery and endurance.

5. Stretch & Recover:

- Incorporate stretching or foam rolling after every run. Include at least one rest day per week.

TRAINING PROGRAM (13-Week Plan Starting Early June)

5 KM FUN RUN/WALK

Goal: Build consistency and fitness.

Plan:

- 3 days/week: Walk/jog (20–30 min)
- 1 day/week: Cross-train (bike, swim)
- 1 day/week: Longer walk (increase by 5 mins weekly)
- Stretch daily

10 KM RUN

Goal: Build stamina and pace.

Plan:

- 4 days/week: Run (2 short, 1 tempo, 1 long run)
- 1–2 days/week: Strength + cross-training
- Progress Long Run: From 4km → 9km by week 11
- Taper: Week 12–13 reduce volume by 40–50%

21 KM HALF MARATHON

Goal: Build endurance + tempo control.

Plan:

- 5 days/week: Easy runs, interval/tempo runs, long runs
- Long Runs: Start at 6km → build up to 18–19km
- Include hill training every 2nd week
- Strength/core workouts 2x/week
- Tapering: Reduce distance two weeks before race day

42 KM FULL MARATHON

Goal: Endurance, discipline, fueling strategy.

Plan:

- 6 days/week:
- 2 easy runs
- 1 speed/interval run
- 1 tempo run
- 1 long run (build to 32–35km)
- 1 cross-training/rest day
- Taper: Reduce weekly mileage starting week 11

Suggested training program

Week	MON	TUE	WED	THU	FRI	SAT	SUN	Week Totals
1	5		6.5	5		8		24.5
2	5		6.5	5		10		26.5
3	5		6.5	5		11.5		28
4	5		8	5		13		31
5	5		8	5		16		34
6	6.5		8	6.5		18		39
7	6.5		10	6.5		19.5		42.5
8	6.5		10	6.5		22.5		45.5
9	6.5		11.5	6.5		26		50.5
10	8		13	8		26		55
11	8		13	8		27.5		56.5
12	8		13	8		30		59
13	8		13	8		32		61
14	8		13	8		14.5		43.5
15	5		8	5		13		31
16	5		5	2		42		54

RECOMMENDED DIET

Daily Nutrition:

- Carbs (50–60% of diet): Oats, brown rice, sweet potatoes, fruits
- Protein (20–25%): Eggs, fish, chicken, legumes
- Healthy Fats: Nuts, avocado, olive oil
- Hydration: Water, isotonic drinks (during long runs)
- Before a Run:
 - Small, carb-rich meal (banana, toast with peanut butter)
- During Long Runs (over 10km):
 - Energy gels, sports drinks, or bananas every 45–60 minutes
- Post-Run Recovery:
 - Rehydrate + a balanced meal within 1 hour (carb + protein combo)

RECOMMENDED RUNNING GEAR

- Running Shoes: Get fitted at a specialty store or choose known brands (Asics, Nike, Brooks, Adidas). Break them in before race day!
- Socks: Anti-blister, moisture-wicking
- Running Clothes: Breathable, lightweight, sweat-wicking
- Hydration Belt or Armband (for longer distances)
- Sunscreen + Cap for sun protection
- Reflective Gear for early morning or late evening runs

RECOMMENDED INFORMATION SOURCES

1. Apps & Platforms:

- Nike Run Club (training programs, tracking)
- Strava (tracking, motivation)
- Garmin Connect (for smartwatch users)
- MyFitnessPal (diet tracking)

2. Websites:

- www.runnersworld.com
- www.marathonhandbook.com
- www.halhigdon.com (great beginner-to-advanced plans)

3. Local Resources:

- Join the Lusaka Fitness Squad or any running club near you in your town for motivation and accountability
- Follow Absa Marathon social media pages for updates, tips, and training clinics

FINAL TIPS

- Start training early (by early June).
- Sign up for shorter races (5K or 10K) along the way.
- Track your progress — celebrate small wins!
- Never try anything new on race day (shoes, diet, etc.)