



HALF MARATHON 12 WEEK TRAINING PLAN


G.J. Gardner. HOMES



The Do What You Want 12 week training plan is cunningly designed to fit seamlessly into your life. This is not a training plan dictatorship - if you feel the need to binge watch Netflix on the same day as your long run...change your long run.

So instead of a daily assignment, we bring you seven priority levels each week for you to allocate as you see fit. There are a few rules though (let's call them tips) to help you get the best out of this plan. See overleaf.

	P1	P2	P3	P4	P5	P6	P7
WEEK 1	6 km	5 km	3 km	X	rest	rest	rest
WEEK 2	8 km	5 km	3 km	X	rest	rest	rest
WEEK 3	8 km	6 km	3 km	X	rest	rest	rest
WEEK 4	10 km	8 hills	3 km	X	X	rest	rest
WEEK 5	12 km	10 hills	4 km	X	X	rest	rest
WEEK 6	10 km	10 5@HMP	4 km	3 km	X	rest	rest
WEEK 7	12 km	10 hills	5 km	3 km	X	rest	rest

	P1	P2	P3	P4	P5	P6	P7
WEEK 8	14 km	10 6@HMP	4 km	4 km	X	X	rest
WEEK 9	16 km	12 hills	5 km	4 km	X	X	rest
WEEK 10	18 km	12 10@HMP	6 km	4 km	X	X	rest
WEEK 11	10 km	10 5@HMP	3 km	3 km	X	rest	rest
EVENT WEEK		8 km	4 km	X	rest	rest	rest

- * Priority 1 and Priority 2 should not be done back to back. Make sure you have at least one day of Priority 3, Priority 4, Crosstrain or Gym, or Rest in between P1 & P2.
- * HMP = your desired Half Marathon Pace ie. 2hrs for half marathon is 5:41 per km pace or 28:25 for 5km
- * Hills means find a loop that includes several hills. Run at a steady pace up the climbs - as the weeks progress you'll find you be able to include these in all of your runs.
- * P1, P3 & P4 should all be done at a comfortable, but steady pace. You should be able to maintain a conversation with your running buddy.
- * X = Cross train. This might be a bike ride, swim, spin class, yoga/pilates or a walk with the dog. Weights should be kept light with high number of reps.
- * On event week make sure you have at least 2 days rest before the G. J. Gardner Whangamata Half Marathon.



Many thanks to CK Coaching, who created this plan for the PWYW Tauranga Half Marathon.

CK Coaching is all about helping people find the balance between their normal lives and fulfilling their sporting goals.

