



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



!REMINDER!
ALL HYDRATION STATIONS
CUP FREE
B.Y.O. CUP
 BOTTLE
 PACK

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	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 Homes Whangamatā Half Marathon.

The Do What You Want* training plan was developed by CK Coaching. CK Coaching helps people find the balance between their normal lives and fulfilling their sporting goals.