



more^{FM}
COROMANDEL

5 KM

10 WEEK

TRAINING PLAN

G.J. Gardner. HOMES



The Do What You Want 10 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	x4 1W/1J	3 km walk	2 km walk	rest	rest	rest	rest
WEEK 2	x6 1W/1J	x4 1W/1J	2 km walk	rest	rest	rest	rest
WEEK 3	x6 2W/2J	x6 1.5W/1.5J	3 km walk	rest	rest	rest	rest
WEEK 4	x5 3W/4J	x6 2W/2J	4 km walk	rest	rest	rest	rest
WEEK 5	x3 2W/8J	x5 3W/4J	x4 1W/1J	rest	rest	rest	rest
WEEK 6	x2 2W/10J	x3 2W/8J	x6 1W/1J	rest	rest	rest	rest



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



	P1	P2	P3	P4	P5	P6	P7
WEEK 7	x1 15J	x2 2W/10J	x6 1.5W/1.5J	4 km walk	rest	rest	rest
WEEK 8	x1 20J	x1 15J	x6 2W/2J	4 km walk	rest	rest	rest
WEEK 9	x1 25 run	x1 20J	x2 2W/10J	4 km walk	rest	rest	rest
WEEK 10		x1 15J	3 km walk	3 km walk	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 or Rest in between P1 & P2.
- * 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.
- * x4 1W/1J means 1 **min** walk then 1 **min** jog four times. Here's another example x3 2W/8J means 2 min walk then 8 min jog three times. 1.5W = 90sec walk etc.
- * On event week make sure you have at least 2 days rest before your 5km event at 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.