

12 week Half Marathon Programme (12 weeks)

A 12 week programme building towards the Hawaiian Airlines Mt. Maunganui Half Marathon. This consists of 3-4 runs a week with some cycling and restorative practices blended in.

EVERFIT Coaching Philosophy - Blend the training in around life so it doesn't add to the stress load. If possible organise to complete sessions with good training buddies out in the beautiful environment. Enjoy the training journey!

Please feel free to connect with EVERFIT coaching on FACEBOOK (www.facebook.com/everfitcoaching), Instagram ([everfitcoaching](https://www.instagram.com/everfitcoaching)), and online (www.everfit.co.nz)

Happy Training,

Brad Dixon (EVERFIT Coach & Physiotherapist)

Week 1 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 3 x 4min on the flat MODHARD / your half marathon race pace with 1-2min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:40m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run (Strength phase) Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under the hip. Schedule in some mild rises and descents please in middle of run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:30m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 00h:45m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 2 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 4min on the flat MODHARD / your half marathon race pace with 1-2min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:45m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run (Strength phase) Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under the hip. Schedule in some mild rises and descents please in middle of run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 00h:55m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 4 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 2min on the flat MODHARD / your half marathon race pace with 1-2min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:35m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run (Strength phase) Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under the hip. Schedule in some mild rises and descents please in middle of run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:30m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 00h:50m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 5 (5 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 4min on the flat MODHARD / your half marathon race pace with 1min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:45m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Try for a more flat run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 01h:10m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 6 (5 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 6 x 4min on the flat MODHARD / your half marathon race pace with 1min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:55m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Try for a more flat run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:50m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 01h:25m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 7 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 2min on the flat MODHARD / your half marathon race pace with 1-2min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:35m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Try for a more flat run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over FLAT terrain (to get specific for upcoming half). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. Before warm down complete 4 x 30sec near your race pace with 30sec EASY jog inbetween. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 01h:00m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 8 (5 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 6 x 2min faster than your half marathon race pace with 1min 30sec EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:45m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Try for a more flat run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:50m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:45m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over FLAT terrain (to get specific for upcoming half). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. Before warm down complete 4 x 30sec near your race pace with 30sec EASY jog inbetween. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 01h:25m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 11 (4 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Beginner Swim 1900m (Free and back) Lap Swimming Strength and control 400m warm up SLOW mixed stroke (back every 4th + with free breath bilaterally some of time) 8 x 50m drill (catch up, head up, single arm, doggy paddle - do twice) with 10-15sec rest 400m free STEADY (every 4th length 3 stroke breath) 4 x 100m IM (butterfly, back, breast, free) STEADY with at least 30sec rest (if can't do fly replace with free - try breaststroke) 2 x 50m MODHARD on 2min. 200m w.d EASY mix stroke. 00h:45m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 4min on the flat MODHARD / your half marathon race pace with 1min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:45m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run with 4 x 1min "uptempo" Running EASY run with race uptempo EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. 4 x 1min faster than your race pace (focus on a lovely heel kick) with 30sec EASY inbetween. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p>	<p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 5min. The focus is too spin the legs to aid recovery for the weekend. This can be completed indoors or outside using any type of cycle. 00h:30m</p>	<p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over FLAT terrain (to get specific for upcoming half). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. Before warm down complete 4 x 30sec near your race pace with 30sec EASY jog inbetween. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 00h:45m</p>	<p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p>

Week 12 (5 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Restorative Swim Lap Swimming Restoration, technique, efficiency. 800m wu EASY every 4th length NOT free 8 x 50m drill (one arm, head up, kick on side, fists) 800m SLOW 2,3,5 breathing every 50m (focus on head down, whole body rotation, and pushing back past the hip) MAKE every stroke a masterpiece :) 200m kick fins 100m wd mix stroke. 01h:00m</p>	<p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 1 min on the flat MODHARD / your half marathon race pace with 1min EASY jog inbetween - AIM for upright running stance and light feet. 10min STEADY - EASY wd with side to sides, and backwards running. 00h:30m View Video</p>	<p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p>	<p>Cruisy Form Focused Run with 4 x 30sec "uptempo" Running EASY run with race uptempo EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. 4 x 30sec faster than your race pace (focus on a lovely heel kick) with 30sec EASY inbetween. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:20m</p>	<p>Pre Race Planning and Positive Thoughts Custom Pre Race Prep Make sure you have a good idea of the course and where drink stations are situated. Have an idea of what pace you want to go out at (the previous 12 weeks training will give you a good idea). You have done the best with blending the training over the past 12 weeks - now ENJOY the race! 00h:00m</p>	<p>Hawaiian Airlines Mt. Maunagnui Half MARATHON Race RACE Warm up with 5min of jogging, then 4 x 100m uptempo at HALF marathon pace. Keep moving in starting chute before the start. The first 5km is VITAL to stick your planned RACE pace (you will feel good so back off!!) to set up the day. Hold form as the race goes on. For the last 10km think "upright posture" "stay tall" "light feet" "don't sink". ENJOY the beautiful views. 01h:45m</p>	<p>Recover and Reflect Custom Reflection and learnings. Do 20min of EASY activity that your body feels like the day following the race. I tend to cycle or swim after a running race. Then complete 15min full body stretching eg yoga or just static stretching. Please also note down 3 things that went well and 3 aspects to improve on for your next race. Well done! 00h:45m</p>